

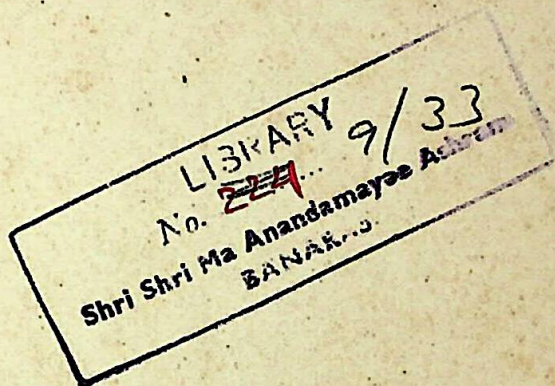
GOSPEL OF 9/3 MY GOD SIVANANDA



By

DIVYA JIVANA JYOTI
SRI SWAMI SIVANANDA-HRIDAYANANDA

11





GOSPEL OF MY GOD SIVANANDA

By

DIVYA JIVANA JYOTI

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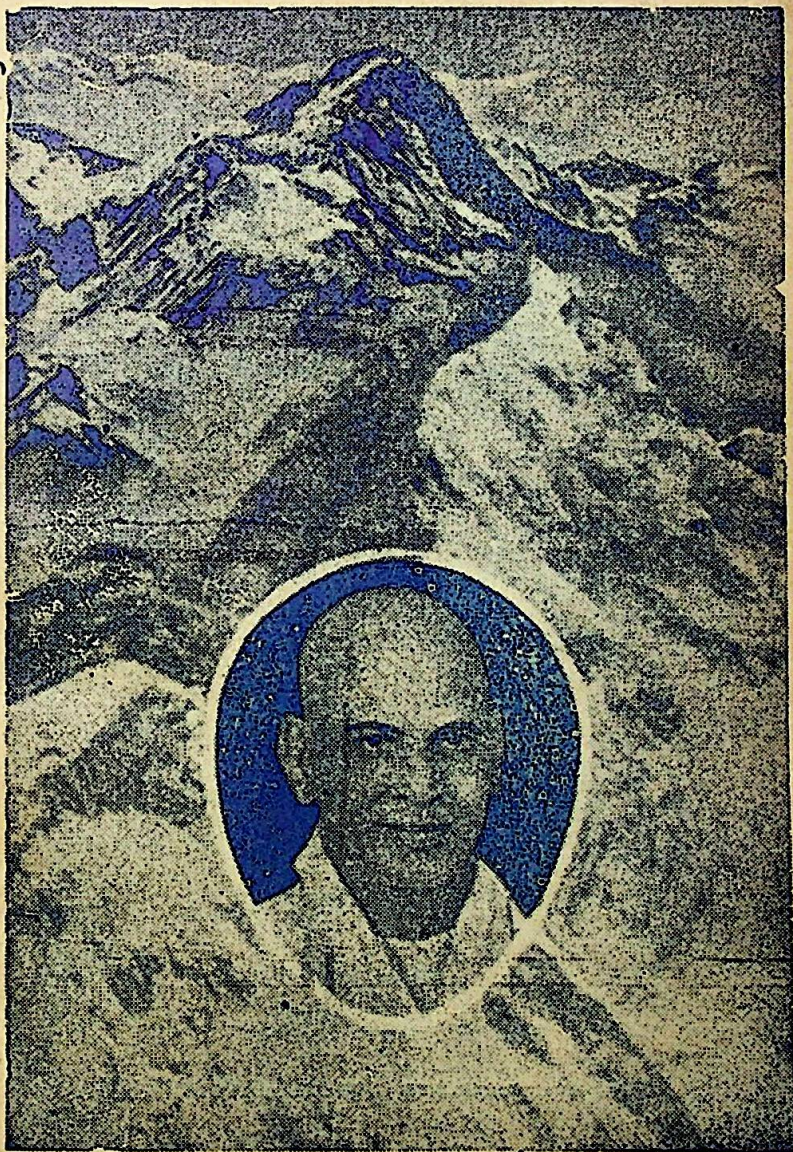
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MY GOD

9/33



SRI SWAMI SIVANANDA

The Author



SRI SWAMI SIVANANDA-HRIDAYANANDA

9/32

PUBLISHERS' NOTE

"I read with great interest **The Gospel of My God Sivananda** appearing in the Forest University Weekly, by Sri Swami Sivananda-Hridayananda, which is more illuminating than the others. My humble obeisance to the Swami for her great devotion to Guru Bhagavan." writes **SRI N. SRINIVSAN OF MADRAS**. In doing so, he has voiced the unexpressed feelings of thousands of those who have read the "Gospel" which has been published in instalments in the Yoga-Vedanta Forest University Weekly.

As you read the Gospel, you feel you actually live in The Abode of Bliss, in the Divine Presence of Sri Swami Sivanandaji Maharaj, enjoying the wisdom, the humour, the spiritual treat, that those who have been physically present at the Ashram have enjoyed.

In presenting the Gospel in her own inimitable, poetic, luminous, and inspiring style, Sri Swami Sivananda-Hridayananda has revealed that she possesses the greatest triat of the greatest among saints of all times—an eagerness to share the Divine Light, the Bliss of Spiritual Knowledge, with all.

P.O. Sivanandanagar

8th March, 1958

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Publishers

SIVANANDA STUTI

(Sri Swami
Jnanananda)

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शिवानन्दं विरक्तं तं नैम्यानन्दविधायकं

PHILOSOPHY AND TEACHINGS OF SWAMI SIVANANDA

Compiled by

SRI SWAMI SIVANANDA-HRIDAYANANDA

PHILOSOPHY AND TEACHINGS OF SWAMI SIVANANDA

There is an innate urge in everyone to attain Immortality, highest knowledge and Eternal Bliss. This gives the clue that Brahman exists.

In dream you are distinct from the physical body. In deep sleep you are distinct from the body and the mind. And yet you enjoy peace independent of objects. This gives the clue that you are in essence Atma or the Imperishable Immortal Self.

The Supreme Reality is self-luminous, self-contained. It is complete. It is one. It is perfect. It is Brahman or Absolute. It is Bhuma or the Infinite. By realising this Brahman alone can you attain liberation.

The impure mind is the cause of bondage and pure mind is the cause of liberation. It is the mind that creates the world. There is no world in deep sleep, when there is no mind.

Sorrow has the body as its cause. The body has Karma for its cause. Karma proceeds from the notion of "I". The idea of "I" has ignorance for its cause. The erroneous notion that "I am the body" is called Avidya or ignorance. It binds the man. "I am not this body, but blissful, all-pervading Atman"—this is Knowledge. This will liberate you.

A life of right conduct is a necessary factor in the enquiry into and discovery of Atman or Brahman, the source and basis for this world, body and mind.

Righteousness forms the bed-rock of all religions.

Righteousness is the divine path. Dharma is the perfect pattern of life.

Serve, love, give, purify, meditate, realise. Be good. Do good. Be compassionate. Be honest. Be sincere. Be truthful. Be bold. Be pure. Be virtuous. Develop the four means. Enquire "Who am I?" Know the Self and be free. This is the essence of Sadhana.

Serve the sick. Serve the poor. Serve the downtrodden. Feel that you are serving your own Self or the Lord. This will purify your heart in a moment.

Love all. Share what you have with all. Give, give, give. Become rich at heart by giving all that you have. Expand your heart. This is the key to Cosmic Consciousness.

Moksha or liberation is not a thing to be attained. It is already there. You will have to know that you are identical with the Supreme Reality, through intuition. Samadhi is intense awareness of the Reality. It is the highest intuition. It is an experience of fullness. It is all-bliss, all-peace. It transcends duality of all kinds. He who has experienced Samadhi becomes wise and illumined; he radiates peace and becomes immortal and shines as a beaconlight to the whole world.

May you be established in Samadhi through discrimination, dispassion, serenity, intense yearning for Liberation and the Grace of the Lord.

(From 'Steps Unto Him' London, Sept.-Dec. 1957)

PHILOSOPHY OF SWAMI SIVANANDA

Goal of life is Self-realisation or attainment of Brahman. Hearing, reflection and meditation, after equipping oneself with the four means, are the means for attaining Self-realisation.

Selfless service, devotion, self-restraint, Satsang are auxiliaries for attaining Self-realisation.

Parabrahman or the Absolute whose nature is Satchidananda Existence-Knowledge-Bliss—is the only Reality.

World is Brahman seen through the mind-lens.

The world is a mere appearance due to Avidya or ignorance.

Mind splits and projects various forms and causes Multiplicity.

Annihilation of mind or Avidya bestows knowledge of Brahman.

Knowledge of Brahman alone can give Liberation.

The individual soul is identical with Parabrahman when Avidya or mind is destroyed.

Moksha is a positive state of Consciousness in which Reality, Awareness and Bliss are revealed and union with Brahman or the Absolute is secured:

(From Bhumandaleshvar)

THE PHILOSOPHY OF LIFE

Life: A Mystery and an Adventure

Life is a great mystery. Life is a voyage in the infinite, ocean of Time where every object is perpetually changing. Life is a blend of contradictions. Life is a terrible warfare with the mind and the senses. Life and society cannot exist without struggling or fighting. Life is a tremendous battle with Ignorance. Life is an upward struggle, a medium through which we evolve.

Life : A Death and the Deathless Self

The whole of life is a great mystery. Science does not help. Life is motion. Motion affects matter. This is vibration. Life changes form but never dies. Everywhere, life constitutes a mystery. Death is a mystery, too but the mystery of mysteries is the Atman, thy inner Self. But, then, life holds the key. Unlock the mystery of your own Being and attain Life Eternal.

Life : An Aspiration and a Worship

Life is a ceaseless striving for perfection, freedom and independence. Life is an aspiration. Life is a great sacrifice. Life is a worship of the immanent Spirit. Life is an eternal search for the All. Start the quest of Atman.

Life : A Phenomenon of Education

Life is education and education is life. Life on earth is a school for wisdom. Life means adaptability. Adapt, adjust, and accommodate. Pain enriches life. Life is but an endless series of experiments and awakenings. Life is based essentially on experience.

Life : A Gift from God

Life is a priceless treasure. It leads you to bliss eternal. Life is a sacred gift from God. Utilise it usefully in meditation and in acts of selfless service. Life is thy greatest gift, O seeker ! Spend every second of life profitably.

Life : Love and Devotion

Life in this world is momentary; it is the meeting of logs of wood in a river. Life without love is death. Life is a void without love. Life is a fragrant flower of which love is the honey. Life is dry and is empty without devotion to the Lord, Life is one. The crown of life is compassion. Lead a life Divine and drink the honey of love in abundance.

Life : A Passage to Divinity

Life in this world is only a preparation, a step for the higher divine Life. Life is a ladder to reach the Supreme Being. Life is a stage in Spirit and Perfection. Life is a step in the passage to the realm of Infinite Bliss and everlasting Peace. Life is a voyage or pilgrimage to the Shrine of Truth.

(From Sivananda-Smriti)

THE PHILOSOPHY OF LOVE

Without love there can be no religion. Where love is, there is God. Love is the basis of religious life. Divine Love has no sex. It sees all in God and God in all.

Love is the creative force in the world. From love this world is born, by love it is sustained and into love it enters. The power of love can transform the universe. Love creates and unites.

Love dissolves hatred and enmity. Love promotes understanding. Love is the moving principle of all forms of fellowship. There is real love only when there is true inward identification with the life of another entity. Therefore, live ye all in the one love divine.

Virtue is love. Virtue is the unfolding of love. Whilst love is a synonym for non-injury its logical fruition is in service. The principles of love, compassion, mercy, fellowship and goodwill are all entwined in the term non-injury. There is no good life but love.

Love is not a passing sentiment or a feeble emotion. Love is strong, deep and enduring. Love and service are inseparable. Love expresses itself in service of humanity.

Love and suffering go together. To love is to suffer. No one who really loves can escape suffering. Benevolence to all men is love.

Love is life. Love is the energy of existence. Love is happiness. Love is immortality. Love is wisdom. Love never fails. Love is success. Love is victory. Love is eternal light. Love is a purifying element. Love is a colossal spiritual force. Love redeems. Love transforms. Love purifies.

(From Sai Sudha)

PHILOSOPHY OF LOVE

Love divine is the supreme gift, the greatest thing in this world.

Love perfect and selfless casts out fear.

Love lends impetus and incentive, makes one feel courageous, daring and strong.

Love makes one generous, unselfish, patient, merciful and forgiving.

Love discloses the sublimest meaning and purpose of life.

Love makes one bear goodwill towards neighbour, loyalty to his friend and compassion for his enemy.

Love is the cure for all evil.

Love is the basis of real and permanent peace.

Love alone creates and unites.

There is no life without love.

Love and Religious Experiences

Without love there can be no religion.

Where love is, there is God.

Love is the basis of religious life.

Divine love has no sex. It sees all in God and God in all.

Love and Cosmic Life

Love is the creative force in the world.

From love this world is born, by love it is sustained and into love it enters.

The power of love can transform the universe.

Love creates and unites.

Love and Human Unity

Love dissolves hatred and enmity. Love promotes understanding.

Love is the moving principle of all forms of fellowship.

There is real love only when there is true inward identification with the life of another entity. Therefore, live ye all in the one love Divine.

Love and Moral Nature

Virtue is Love.

There is no good life but love.

Virtue is the unfolding of love.

Whilst love is a dual expression for non-injury, its logical fruition is in service.

The principles of love, compassion, mercy, fellowship and good-will are all entwined in the term non-injury.

The Dynamic Nature of Love

Love is not a passing sentiment or a feeble emotion.

Love is strong, deep and enduring.

Love and service are inseparable.

Love expresses itself in service of humanity.

The Ethics of Love

Loving and suffering go together.

To love is to suffer.

No one who really loves can escape suffering.

Benevolence to all men is love.

Divine Love : Its Power

Love is life. Love is energy of existence. Love is happiness.

Love is immortality. Love is wisdom.

Love is success. Love is victory. Love is eternal sunshine.

Love is a purifying element.

Love is a colossal spiritual force.

(Source : Taken from Sivananda-Ism)

PHILOSOPHY OF PAIN AND SUFFERING

Birth and death, pain, sorrow and suffering are all due to ignorance or lack of knowledge of one's own essential divine nature.

Egoism is ignorance. Desire is born of ignorance. Likes and dislikes are born of ignorance. Clinging to mundane life is due to ignorance.

Identification with the body is ignorance. Mistaking the impure, inert and perishable body for the pure, sentient and immortal Atma or Soul is ignorance.

Egoism, likes and dislikes, desire, craving, thoughts, etc. are all modifications of ignorance.

From ignorance or Avidya desire is born. To realise the objects of desire, man does Karmas or actions, likes some and dislikes others, expects fruits of his actions and is therefore bound to the wheel of birth and death.

Attain Brahma-Jnana or knowledge of Brahman or supreme Self. Pain, sorrow and suffering will cease. You will achieve bliss immortal, everlasting peace and perennial joy. You will be freed from birth and death.

Discrimination, dispassion, non-attachment, serenity, self-restraint, endurance, renunciation, faith, devotion, cosmic love, courage, humility, truthfulness, compassion, concentration, meditation, burning longing for liberation are all aids to Self-realisation or attainment of Brahma-Jnana.

(From Awazae-khala, Varanasi)

PHILOSOPHY OF MEDITATION

What is Meditation

1. Meditation is the uninterrupted flow of one idea of God.
2. Meditation is the royal road to everlasting peace and bliss immortal.
3. Meditation is the key to intuition.

Pre-Requisites for Meditation

4. You cannot practise meditation if your mind is full of desires, and if your mind is diverted by any external object.
5. If your mind is unruly, uncontrolled, if your heart is full of resentment and turbulence, there will be no meditation for you.
6. He who has practised Yama-Niyama and Pratyahara will obtain the full benefit of meditation.
7. Meditation is not successful without discipline and devotion.
8. Concentration leads to meditation.

Useful Hints for Sure Success in Meditation

9. When Sattwa is predominant, the mind is calm and serene. Meditation becomes calm and steady.
10. Meditation must be done with great faith and great interest. You will feel enriched and encouraged in the spiritual pursuit through regular meditation.
11. When you sit for meditation, take a resolve, "nothing shall shake or move me. I will not get up until I realise the Truth". This is the kind of determination, the faith in the ultimate achievement, which can bring the goal nearer to you.

12. Meditate on the nature of God, on His attributes, viz., Omnipotence, Omniscience, Omnipresence, etc.

13. Meditate on that Brahman who is endless, fearless, timeless, spaceless, birthless and deathless, free from old age, supreme and self-luminous.

14. Meditate regularly.

15. Sit for meditation at fixed hours.

16. Meditation should form part of your daily routine.

Coveted Experiences in Meditation

17. In deep meditation there is divine thrill in the heart, with joy and bliss.

18. In deep meditation you merge in the innermost Self or Atma and attain the inner core of Divine Experience. The ego gets dissolved. The mind ceases functioning.

19. In meditation the whole mind is wholly absorbed in one thing or ideal to the exclusion of everything else. The activity of the senses is totally withdrawn by the very nature of the absorption of the mind.

20. Meditation leads to Samadhi or superconscious state.

Fruits of Meditation

21. Perfect peace, knowledge, serenity, steadiness, fearlessness, dispassion, Samadhi, insight, illumination are the fruits of meditation.

22. Meditation paves the way for perfection.

23. Meditation transforms man into divinity.

24. Meditation dissolves doubts.

The Vital Secret

25. Meditation opens the door of Moksha.

26. Meditation flows in a pure heart.

PHILOSOPHY AND TEACHINGS OF SWAMI SIVANANDA

God is like an ocean. All beings are its bubbles.

There is a single Almighty who directs the destiny of all human beings, of whatever creed, colour or culture.

Beauty, Goodness and Truth are three in one and one in three and are identical with God who is pure Satchidananda in Himself.

Atmaivedam Sarvam. All this is but the Self or Atma. Samah Sarveshu Bhuteshu. Atma is the same in all beings.

All life is one. Realise the Oneness of life.

God is the fountain of all goodness. God is that oneness which is the Truth of all that lives.

There is no world apart from and independent of thought. Thoughts constitute the mind.

Duality ceases when the mind stops its function.

Find out the source of mind and keep the mind there. The mind will perish (Manonash).

Mind does the function of attention, selection and synthesising of sense-impressions. It is the seat of pleasure and pain.

Chitta or the subconscious mind does the function of remembering. It is the storehouse of impressions, associations and emotions.

Man's freedom is not freedom from action but freedom in action.

Morality implies self-restraint and service of others.

The preliminaries on a spiritual path are a simple and good life, a life of truthfulness, universal goodwill and gradual elimination of anger, greed, lust and egoism.

Divine life leads to freedom and bliss, which is the aim of life and of Yoga.

The aim of all religions is to lead us to the way of life which awakens us to the truth of the Self.

Religion and life are not two but one. Lead the Life Divine daily. Meditate. Study. Serve.

Meditate regularly and vigorously. He who meditates becomes changed into divinity. He becomes changed into the likeness of that which he meditates upon.

Be still. Let all the waves of thought subside. In that stillness, when the mind melts, there shines the self-effulgent Atman or self-resplendent pure Consciousness.

Find God. Realise Him. This is a remedy for every ill.

Realise God. This means perfection, liberation, freedom, harmony, abundance, joy, bliss and everlasting peace.

No laws of nature bind a sage. Destiny prevails no more on him. He is free.

(A Dynamic Yogi)

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NEW RECRUITS



Swamiji with a group of Sadhaks who
were initiated into the Holy Order
of Sannyasa on the Sivaratri Day

GOSPEL OF MY GOD SIVANANDA



15th September 1957

It was a glorious morning. The thin layers of clouds that had spread over the majestic and mysterious Himalayas like a transparent silk veil, made it look more mysterious and enchanting. The water-level in the Ganges had risen up very high. The tremendous speed at which she was flowing, and the inspiring Omkar music that she produced, made one wonder about the inexhaustible power and beauty of God.

Swamiji came out of his room to the verandah, at about 8.30 a.m. After offering his salutations to Mother Ganges, he sat down on his usual chair.

As it was rather cold, he was requested to wear the warm gown. As I watched his fair, Divine face emerging through the neck of the grey gown, it reminded me of the full moon rising up from behind the Himalayas. The affectionate look and smile he showered on the disciples around him, brightened their faces like the moon-light brightens the dark night.

Soon after going through the correspondence, Swamiji proceeded to the office followed by a group of devotees and disciples who were singing, "OM Namo Narayanaya, OM Namah Sivanandaya" in the most appealing tune.

A NOVEL REACTION TO THEFT

As soon as Swamiji entered the main gate, a man of doubtful character, prostrated before him. :

Swamiji asked him "Have you come to remove the Tabala. It is in the Satsang Bhavan; you can take it and go away soon".

It was the theft of the Harmonium from the Ashram that elicited this remark from Swamiji. A partially blind man to whom Swamiji had given food, shelter and treatment, absconded from the Ashram with the Harmonium two days ago.

It is really astounding to note the calm and unbaffled manner in which Swamiji receives the news of a theft. He practically demonstrates the essence of his favourite song, "Nothing exists, nothing belongs to me".

THE EVER-LOVING MASTER AND HIS STANDING INVITATION

Soon after Swamiji was seated in the office chair, Sri K came to take leave of him.

Sri K is an ambitious young man who was working in the Sivananda Charitable Hospital. He left the Ashram and accepted a job in Delhi without informing Swamiji. After a short time he felt restless and longed to have Darshan of Swamiji. Being fully aware of Swamiji's magnanimous capacity to forget and forgive, Sri K without hesitation came and stayed in the Ashram for a couple of days. As usual Swamiji received him with love and kindness.

Before taking leave Sri K remarked to Swamiji that in spite of getting a bigger salary and more

physical comforts in Delhi, he has no peace of mind.

Swamiji replied, "How can you find peace and rest there? You will be a servant there. For the worldly-minded people, the most important form of God is money. What is the worth of money? A dip in the sacred Ganges is equal to two crores of rupees."

Thus Swamiji pointed out to Sri K that by leaving the Ashram he had lost the greatest of wealth, the spiritual wealth of peace and freedom. But understanding that Sri K was not yet mature enough to withstand the temptation of a bigger salary, Swamiji advised him to go back to Delhi. At the same time, his universal love and his ceaseless desire to divert the minds of the deluded souls towards the spiritual path, prompted him to give the following advice.

"Go back and work there, and when you feel completely dissatisfied with that life, return to the Ashram. But before you come here again, make up your mind never to quit the Ashram again."

Sri K felt rather ashamed of his act of ingratitude towards Swamiji, and tried to justify his action by remarking that he was trying to gain good experience in the X-ray department, so that he can utilise it for the benefit of the Ashram Hospital when he returns.

Swamiji with an amusing smile replied, "Are you trying to give me plantain? I have already passed the plantain school". Here Swamiji refers

to the common trick played by mothers to pacify the children by offering plantain, sweets, etc. His disciples and devotees sometimes try to cheat him in different ways, but he understands the inner motive of every word and action of these people, and in the most humorous and loving ways, he corrects them and helps them to evolve spiritually.

ON ASHRAM ADMINISTRATION

Swamiji was going through the list of donors. He remarked that although many have contributed towards the construction of Kutirs, the work was being delayed. So Swamiji mildly rebuked the persons concerned by quoting an amusing story. He said, in a certain Ashram donations were received from three people for building Kutirs, but they built only one Kutir. As each of the donor visited the Ashram, the slab with the respective name was changed in the Kutir. But once when all the three donors arrived at the same time, the authorities found it impossible to deceive them any longer. "Are you advising me to do the same thing?"

Swamiji was checking the address on the book parcels to be despatched that day. Noticing a few errors Swamiji said, "These people sent by mistake two copies of the same book to same people. Then they wrote and asked me what they should do with the extra copy. I advised them to give it to their best friends. Now they have started sending three copies to the same person. So I will have to write and advise them to give it to two of their frienps."

My God Sivananda

7

Swamiji is not bothered about the number of books given free to people, but he is very particular that it should serve the purpose of disseminating knowledge to the maximum number of people. He cannot bear to see the books being wasted.

Soon after, he noticed that three separate parcels of books were being sent to three people belonging to the same house. He told them to make them into one parcel and thus save the postage.

Although books worth thousands of rupees are distributed free every month, Swamiji wants every pie he receives from his devotees to be utilised for giving the maximum benefit to the humanity.

It was 10-30 a.m. After the usual concluding prayer Swamiji left for his Kutir followed by his devotees.

16th September 1957

This morning Swamiji was wearing his long saffron coloured gown. The long gown magnified the grandeur of Swamiji's majestic height. The reflection of the colour of the gown added additional charm to the golden glow of Swamiji's face, and altogether there was that inexplicable Divinity about him which spontaneously made one feel that one is in the vicinity of God.

After the usual routine-work, he left for the Office.

Soon after the morning prayer, he ordered for coffee to be offered to his devotees. There are many who wonder whether drinking coffee is in accordance with spiritual life. Swamiji has made it clear to us that the mere drinking of a cup of coffee or tea is not a hindrance to spiritual life, provided there is no craving or attachment for it, and if one is able to give up the habit at any time.

To one of his devotees he asked, "would you like to have a tin of coffee powder?"

The devotee replied, "No Swamiji, I need only your Kripa"

To this Swamiji answered, "Oh, Kripa is the most costly thing."

There are many who come and request Swamiji to offer them his grace, without putting an iota of effort to obtain it. Swamiji wanted to make it clear that grace cannot be invoked without doing real austerity.

FIRST LESSON IN VEDANTA

One visitor proudly told Swamiji that she was the auntie of Mr. M, a prominent person.

Swamiji told her, "Then you are my auntie."

The visitor again emphasised, "I am his own auntie."

Swamiji with equal emphasis replied, "Then you are my real auntie."

Every one had a hearty laugh.

Swamiji was trying to make the visitor understand that in reality there is no "I" and "Mine", but there is only one Universal Self. It is the identification with the body and the ego which makes one say, my auntie, your auntie, etc.

INWARD COMMUNION

Another visitor came near Swamiji and said, "I want to see you". He meant he wanted a private interview with Swamiji.

Swamiji immediately replied, "You see me in your heart, I will see you in my heart".

By this simple reply Swamiji taught the visitor the all-pervading nature of Atman.

REAL WISDOM

A small boy Ramakant recited a Vedantic poetry and prayer. His father was sitting in front of Swamiji.

Swamiji asked the father, "how old is he? He seems to be wiser than you".

By this remark Swamiji taught the truth that one should not consider himself to be wiser than another just because the former is older than the latter. Real wisdom does not depend on the number of years one has lived in this world, but is in proportion to the spiritual knowledge one has attained.

Then Swamiji asked the boy, "Don't go back with your parents. Remain here. I will provide you with all comforts and educate you."

The boy without hesitation replied he wanted to go home with his parents.

Swamiji remarked "Do you see?"

An older person, although he wants to go back, yet just to please Swamiji would have replied that he was willing to stay here but the innocent child gave an honest reply and this pleased Swamiji.

OFFICE OR HOWRAH STATION

Many visitors were sitting outside the office. Some were singing, some were talking, and some were taking rest.

Hearing the noise Swamiji remarked, "This is Howrah platform."

Just as you find no distinction of caste, creed and position on a railway platform, no distinction is shown to the devotees who come to Swamiji's Ashram. Everyone is received with equal love and is allowed full freedom to make use of the Ashram.

One visitor approached Swamiji and requested for a photo. Swamiji gave him a photo and said, "This is your father's photo", thereby making him

understand that Swamiji is the universal father, the living God.

SIVANANDA DENTAL CLINIC

Dr X who has been conducting a dental camp at the Ashram got up from his seat and told Swamiji, that a dental department was essential in the Ashram, and he volunteered to contribute a part of the expenditure and instruments for starting the clinic. Swamiji was highly pleased at the Doctor's generosity, and then and there did "Jaya Ganesa Kirtan" and declared open the clinic, in view.

Swamiji told the Doctor "We will call it "Dr X Dental Clinic" But the Doctor suggested the name "Sivananda Dental Clinic" and to this Swamiji agreed. But at the same time with a mischievous laugh Swamiji added "Jingle the money on the table and choose any room you like for the clinic."

Many people come and promise to do so many things for the Ashram, in their emotional mood; but forget all about it when they have left the Ashram. Swamiji does not attach much importance to words but appreciates prompt action. D.I.N. is his principle, and he expects it from others also. D.I.N. means, do it now.

TEST YOUR SINCERITY

When he came out of the office, a group of ladies, majority of them widows, prostrated before Swamiji with great devotion.

Swamiji told them, "Stay here, don't go back,

take Sannyasa." There was a murmur of approval from the group of ladies.

Then Swamiji asked them, "Have you got Vairagya ? I will give you only rice and curd, and some days you may not get this also." Then he questioned each one in turn whether they were willing to stay. One replied she had to go to Kasi; another replied, she had to take permission from her children and so on.

On hearing this Swamiji laughed and recited an amusing story of how some people went to the temple and every day prayed to Lord Viswanath to give them Moksha soon. One day the Poojari wanted to test the sincerity of their prayer. So he hid behind the idol and commanded those who wanted Moksha to come forward immediately. Then each one started giving lame excuses as to why they were unable to accept Moksha then and there.

Thus Swamiji indicated that there is no use in praying for Moksha until one has attained the spirit of real renunciation.

17th September 1957

It was a completely warm morning. Swamiji was in his summer dress today. Clad in a simple saffron coloured dho i and shawl, his charming personality seemed to proclaim the supreme excellence of the beauty of simplicity.

Many visitors were eagerly waiting for Swamiji's Darshan in the office.

Equipped with the happy gift of easy manners, sweetness of temper, exquisite kindness, and a variety of other undefinable qualities, Swamiji is always able to please men and women of all temperaments, without any effort.

He satisfied a talented visitor with the promise "I will give you a title". He welcomed another visitor with, "Oh, avoji, will you take a cup of coffee? He received a disciple of his who had just returned from Bombay with, "Welcome Santosh, you look very happy". To another devotee who asserted that he had seen Swamiji before he said, "You have seen me before? Then you are my old devotee. Ohji, give him all the books". On the face of a proud father Swamiji brought a happy smile by saying "Your son is a brilliant treasure, take care of his health". Noticing Swami S. offering a cup of coffee to a lady-devotee who is very much devoted to her husband, Swamiji said, "Give two cups of coffee to her, let her drink one for herself and another for her husband." The lady was very highly pleased. Thus with a few

kind and loving words, in a few minutes Swamiji made every one feel at home.

PREPARATION FOR SANNYASA

To Sri S who had been repeatedly requesting Swamiji to initiate her into Sannyasa order, Swamiji asked, "Are you ready for Sannyasa ?

"Yes, Swamiji", came the prompt reply.

Swamiji continued, "Not in wearing Gerua cloth ; I mean, is your heart ready ?

"I don't know Swamiji, I will take it when Swamiji considers me to be fit, replied Sri S.

"First, work in the school for some more time, (Sri S. is a teacher) and then come later for Sannyasa," added Swamiji.

Swamiji lays great emphasis on Karma Yoga for the purification of the heart. Real spirit of renunciation can dawn only in a purified heart.

QUALIFICATION FOR SANNYASA

Swamiji was giving titles to some of the deserving devotees. He turned towards Sri S and asked her, "What title do you want ?

"Sannyasa title, Swamiji", came the reply.

"Do you know to fight? Before taking Sannyasa you must know how to fight," remarked Swamiji.

Sri S was puzzled at this unexpected remark. It took her a few minutes to understand the inner meaning of the words. She then replied, "yes, Swamiji, I will fight with the lower mind."

"Yes, that is what I meant," said Swamiji.

Thus Swamiji explained that mere wearing of Gerua cloth without knowing how to control the lower mind is of no use; so by regular and sincere Sadhana one must learn the art of controlling the mind and senses before thinking of taking Sannyasa.

INDIRECT ADMONITION

Swamiji had entrusted one of his disciples with an important piece of work, but on enquiry he found out that it was not done.

Swamiji remarked, "I think I have to treat some of these people like coolies. If you ask a coolie, 'Kindly do this', he will not bother to do it, but if you use a little harsh voice and order them then they will immediately do it."

Swamiji can never use harsh words. He is ever gentle, calm and patient, but certain people take undue advantage of it and neglect their duty. Even when they try to provoke him with their negligence Swamiji never loses temper, but tries to correct them in mild ways, for example, by quoting apt stories like the above one.

CONQUEST OF PAIN

One visitor complained to Swamiji that he was getting stomach pain and wanted Swamiji's blessings for curing it.

Swamiji asked him, "How did you get stomach pain? You are Atma. Atma has no stomach. It is your identification with the body that has given you the pain".

After explaining to him the real cause of his

pain, Swamiji suggested some medicine and advised him to repeat the Maha Mrityunjaya Mantra.

Swamiji has often reminded us that doctors and medicines act only as instruments of God, as a channel for him to bestow his grace, the real Doctor, the Doctor of Doctors and the real healer is God."

MODERN SAGE AND ANCIENT CUSTOMS

Swamiji wanted to give a title to a gentleman who had just gone out of the office. Swamiji wanted to know his name. His wife who was sitting near Swamiji repeated the name. Then Swamiji asked her, "Can Patidev's name be said by the wife?"

Amongst certain class of orthodox Indians the wife is forbidden from repeating the husband's name, as a mark of reverence to the husband. Although in many aspects, Swamiji is a modern Saint with modern ideas, yet, he still appreciated the observance of certain orthodox customs which have come into existence as an end result of ancient wisdom.

THE SEXLESS SELF

Swamiji told Swami V to get a title ready for me.

Swamiji enquired, "What shall it be? Netra Chikitsa Samrati"? Someone suggested Samrajni.

At this Swamiji expressed, "She is neither man nor woman, put it as Samrat."

DISTINGUISHED VISITORS



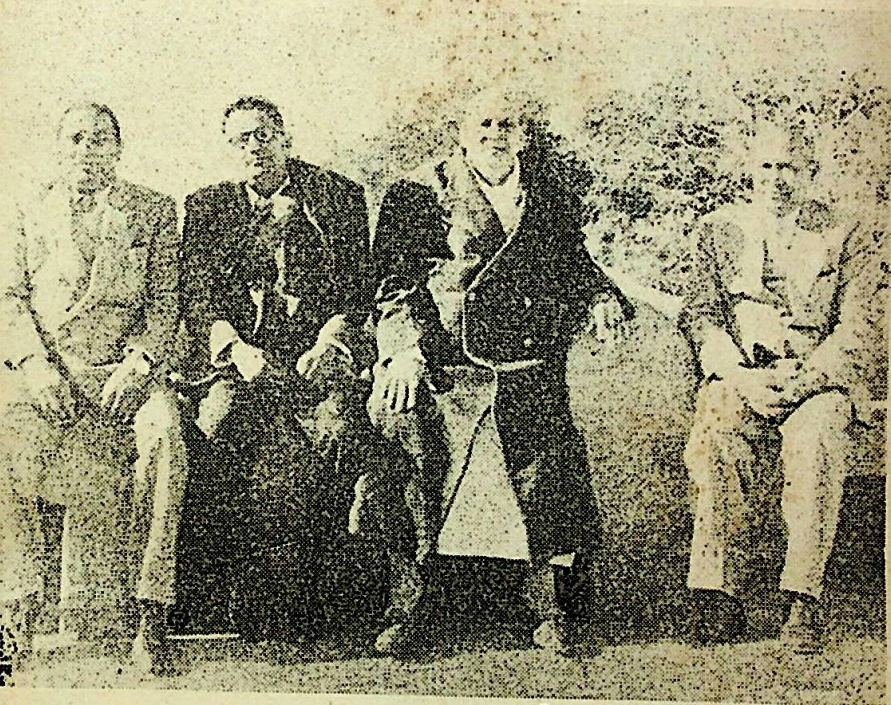
A party of Divya-Nama-Sankirtanists from Delhi, led by Sri A.V. Kippuswami

CHRISTMAS CELEBRATED AT THE ASHRAM



European Sadhaks who took part in the [celebrations:
Sri Swami Dayananda, Sri Leslie Shepard, Sri
Michael Levien (Swami Brahmananda)

DISTINGUISHED VISITORS



Sri Kashiram Gupta, Sri Ram Nath Sharmaji of
General Printing Works, Ltd., Calcutta

DISTINGUISHED VISITORS



Srimati Vimala Wijayawartane, Ceylon's Health Minister

Swamiji sees his own self in everyone, and hence there is no sex-difference for him. He advises and helps others to develop the same Brahmic consciousness.

ADVICE TO DOCTORS

Issuing a title to Dr. Prahlad, Swamiji gave him the following advice, "Treat the poor with kindness."

Swamiji's repeated advice to every Doctor is to see God in man and to serve him with love and kindness. This is the best Sadhana for quick evolution, and for invoking God's grace.

BE HONEST

Sri S complained to Swamiji that she was not given the new books.

Swamiji asked her, "Why did you not get it at that time?"

"I did not want to ask," replied Sri S.

"Why, you could have used the same tongue at that time," observed Swamiji.

Swamiji never accepts a lame excuse. He wants every one to be frank and honest in every word they speak. It is never possible to dupe him with false modesty.

TEST OF MENTAL STRENGTH

Sri S again complained that she was not given the book "Sat Sang Bhavan Lectures". Swamiji immediately asked for a copy of the book. When he was about to give the book, he was informed that it was the last copy. "Then don't give it"

said Swamiji, and gave a quick searching look at Sri S to find out her reaction at the sudden disappointment. Soon he made her happy by saying, "As you are an earnest student I will give it to you", and handed over the book to her.

Swamiji's ways of testing mental stability of his disciples are multifarious. At the most unexpected moments in the most unassuming manner, he will give them surprising tests and find out the state of their mental equilibrium.

WHY DOES SIVA LIKE ENGLISH

To a lady who had just entertained us with a melodious music, Swamiji asked, "Do you know English ?

She replied, "I can read a little."

Swamiji told her, "Next time when you come, you must talk to me in English," and requested her husband to teach her the language.

Swamiji has no prejudice for any foreign language. He wants every one to know that language which will enable them to gather the maximum knowledge. As many of the standard books are written in English and since it happens to be the most popular tongue, he encourages all to master the language.

ADMIT YOUR FAULTS

The book "World Parliament" was placed before Swamiji, to be given to a devotee. On opening it Swamiji found that it was already autographed for someone else. So he enquired

why the book was not yet sent to the person concerned. Swami N tried to escape by saying that it must be a duplicate, another book might have been sent before this book was autographed, etc.

Swamiji questioned him, "Why not think it might not have been sent and it might have been forgotten, etc. Go and see the list. Do not produce lame excuse to escape the present moment."

Swamiji never procrastinates any kind of work and he cannot tolerate it in others. If one commits a mistake he wants him to admit his fault and to take immediate measures to rectify his mistake.

TRUE HOSPITALITY

A devotee came to take leave of Swamiji. He was requested to take his food before leaving. Swamiji called Swami S and instructed him "Take him and give him food. Offer it with words of love."

Swamiji's advice to each and every one is never to offer anything to others without love and kindness. We should make the recipient feel that he has made us happy by accepting our hospitality. Swamiji demonstrates this every day by his own actions.

"MY REST AND CHANGE"

In the afternoon, a rich devotee of Swamiji who was very anxious to take Swamiji to Ceylon for a change, came to Swamiji's Kutir with Dr. Durgaprasad, to ascertain whether Swamiji was fit enough to travel to Ceylon.

After the medical examination, the devotee pleaded to Swamiji to agree to go to Ceylon for a couple of months for change and rest.

Swamiji replied, "Change of place will not give me rest. For me real rest is my work here. Seeing every evening, the proofs of the books being printed in the Ashram-press gives me rest, seeing my disciples gives me rest, sending books to my devotees and conducting prayer for them give me rest, living on the Ganges bank gives me the maximum rest."

Even when Swamiji was suffering from a severe attack of lumbago and was unable to walk up to the office, he could not neglect any of his routine-work. Lying in the easy chair, he continued doing his office work. Three times a day Swamiji could be seen at his writing table pouring forth his pearls of wisdom for the benefit of humanity.

Many devotees volunteered to build beautiful bungalows for Swamiji, elsewhere in the Ashram, but Swamiji preferred to stay in his old Kutir on the banks of the Ganges.

At evening Satsang Swamiji gave his instructions to us in the form of an inspiring Kirtan. In his soul-thrilling voice he sang thus :—

Get up at 4 a.m. Govinda
Meditate Govinda
Do not sleep again Govinda
Wear simple dress Govinda,
Develop virtues Govinda,
That will give beauty Govinda, etc.

22nd September 1957

Swamiji was in a very jovial mood this morning. A look at the happy expression on his face filled our heart with the most sublime feelings. The spontaneous and mysterious way in which he radiated joy, can be conceived only by those who have had the good fortune to experience it.

While Swamiji was going through the correspondence, Dr. Vishwanathan, Malarial Adviser, W.H.O., and Sri Meenakshi Sundaram another prominent international figure, came to have Swamiji's Darshan. It was an inspiring sight to watch such top-ranking officials falling at Swamiji's sacred feet with deep devotion and faith.

Swamiji enquired, "Have you had your breakfast?"

Although the answer was in the affirmative, yet Swamiji's inborn and unparallel sense of hospitality brought forth the order "Bring *dosai* and coffee immediately." Soon the guests were entertained to Swamiji's satisfaction.

VARIETIES OF CONSCIOUSNESS

It was time to leave for the office. Swamiji got up from his chair with the enthusiasm and liveliness of a youth, and with gentle and graceful dancing steps, instantaneously composed and sang the following song in his usual celestial melodious voice.

“Govinda Kanna, Gopala Kanna,
 Madhava Kanna Engal* Yadava Kanna.
 Govinda Vittal, Gopala Vittal,
 Madhava Vittal, engal Yadava Vittal
 Govinda Brahmam, Gopala Brahmam,
 Madhava Brahmam, engal Yadava Brahmam.
 Govinda Radhe, Gopala Radhe,
 Madhava Radhe, engal Yadava Radhe.
 Simple consciousness, Cosmic consciousness,
 Supra consciousness, Humbug consciousness,
 Sub-consciousness, unconscionsness,
 Double consciousness, Atmic consciousness”

Then he gave us a brief explanation of the different consciousness. The animals have only the simple consciousness; with the help of this they get their food, procreate, etc. Ishwar has the cosmic consciousness. The sages are gifted with the supra-consciousness. Humbug consciousness belongs to the Pseudo-Samadhist. It is mere hypocrisy. It is an unpardonable sin to develop this consciousness. The Jeevanmuktas are gifted with the double consciousness. Atmic consciousness is the consciousness of Atma in everything.

MISCHIEF

Soon after Swamiji was seated in the office, a young boy came and prostrated before him with a familiar smile of past acquaintance. “Oh you are Anil, Sri Bhatia’s son? You were very mischievous; are you still mischievous?”

* எங்கள் in Tamil means “our”

"No, Swamiji", came the reply.

"You are not mischievous? I am even now mischievous, more than when I was a young boy" admitted Swamiji. Every one had a hearty laugh.

By mischief, Swamiji meant harmless childish prank, and pointed out to the boy that there is nothing to be ashamed of it.

ETIQUETTE

Swamiji next introduced, Dr. Sundari and Dr. Prahlad to Dr. Viswanathan with the appropriate remarks about each one.

Swamiji's cultured and elegant manners and etiquette, have influenced and impressed Indians as well as the foreigners.

SOW SPIRITUAL SEEDS IN THE YOUNG

Anil asked for Swamiji's permission to bring a group of students to receive Swamiji's blessings. With all eagerness Swamiji replied, "Oh yes, bring them all." Swamiji received the boys with affection and kindness and distributed several valuable books free to them.

Swamiji is ever eager to sow the seeds of spirituality in the young minds.

A D A I — A N A N D A M

Adai, (a delicious South Indian eatable) was being distributed to many of the devotees. Looking at a visitor who was enjoying the Adai, Swamiji remarked, "The Anandam of Adai is not found in Brahman also, is it not so." Swamiji meant, for the

ignorant worldly people who do not know anything about the eternal blissful nature of Brahman; eating and drinking seem to give the maximum happiness.

WORDS OF ENCOURAGEMENT

Watching me taking notes Swamiji remarked, "Sri G. never used to take down everything like you. You are doing it much better."

Swamiji, being fully aware of the pleasing effect of a few words of praise, and its power to bring out the best in a man, often encourages us with this potent tonic which stimulates the ego and induces the urge to do the best that can be done.

MYSTERIES OF THE MIND

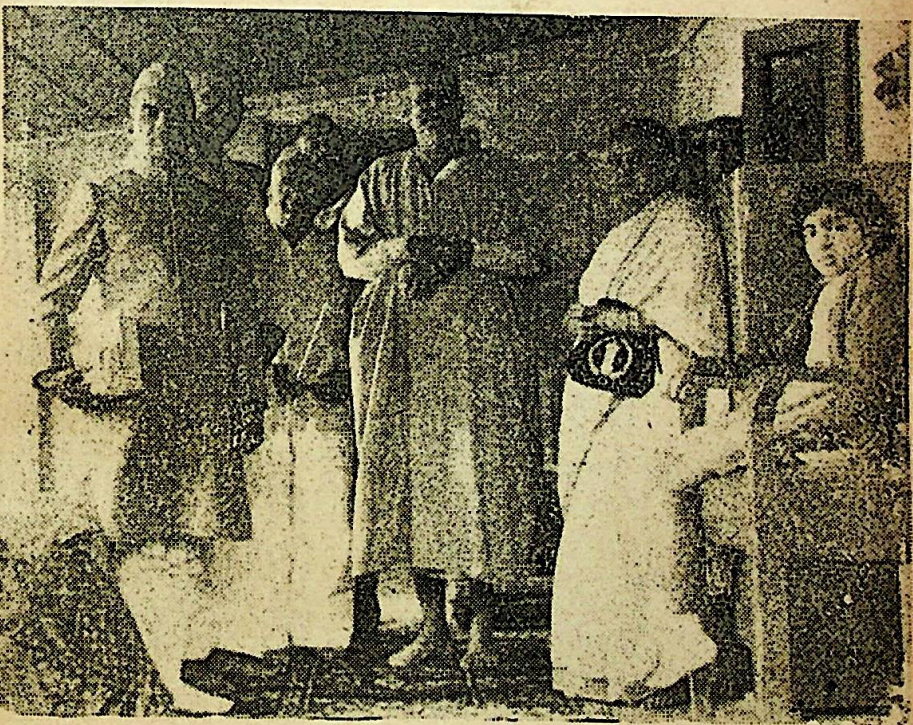
Swamiji asked Swami S. to give all the important books to Sri M. S. a top-ranking officer and said, "Serve him nicely, when you go away from here; he may offer you a job or at least a cup of coffee."

Swamiji was trying to set right the attitude of some of the young aspirants who had been seen to crow-catch visitors of high position who come to the Ashram, to earn their favour for their own selfish purposes.

LET YOUR ACTIONS SPEAK

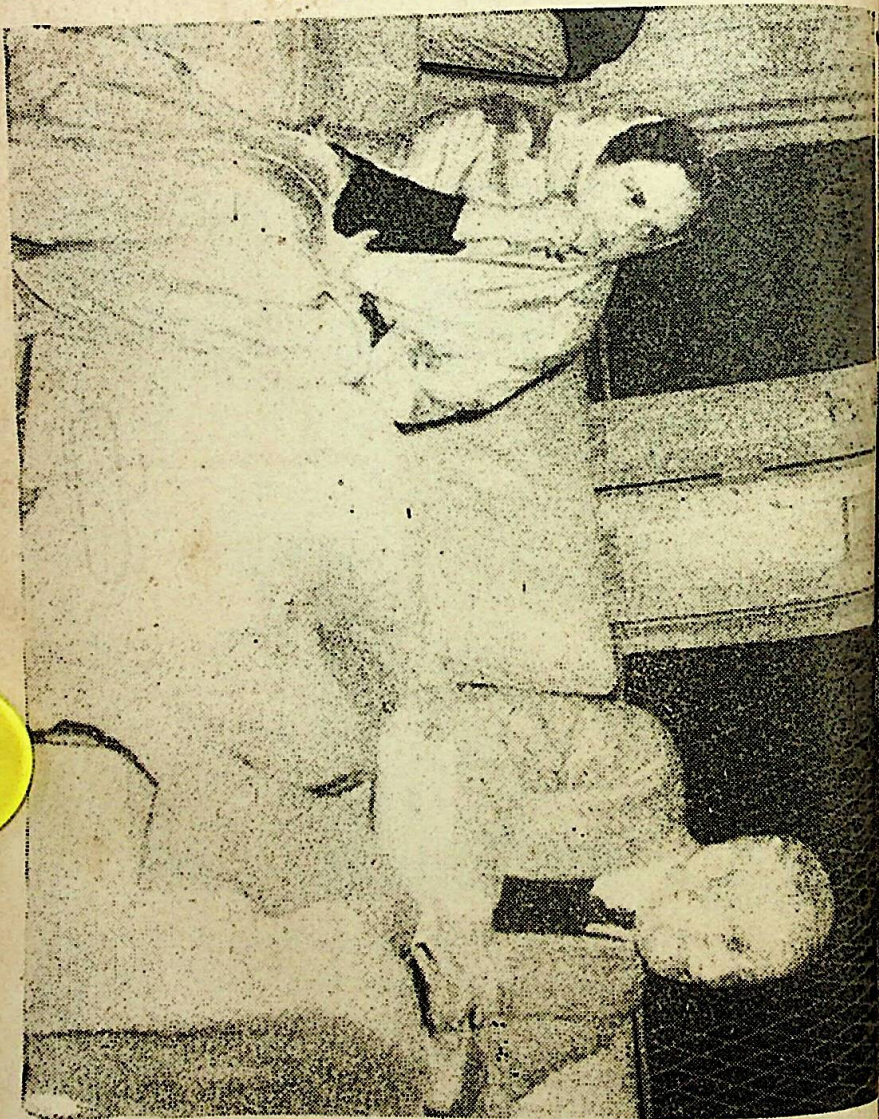
"How can I get nursing orderlies for the Ashram hospital. To whom should I apply? We are finding it difficult. Now this lady, (pointing at Sri S.) is assisting the Doctor, but after a few months she will go away."

DISTINGUISHED VISITORS

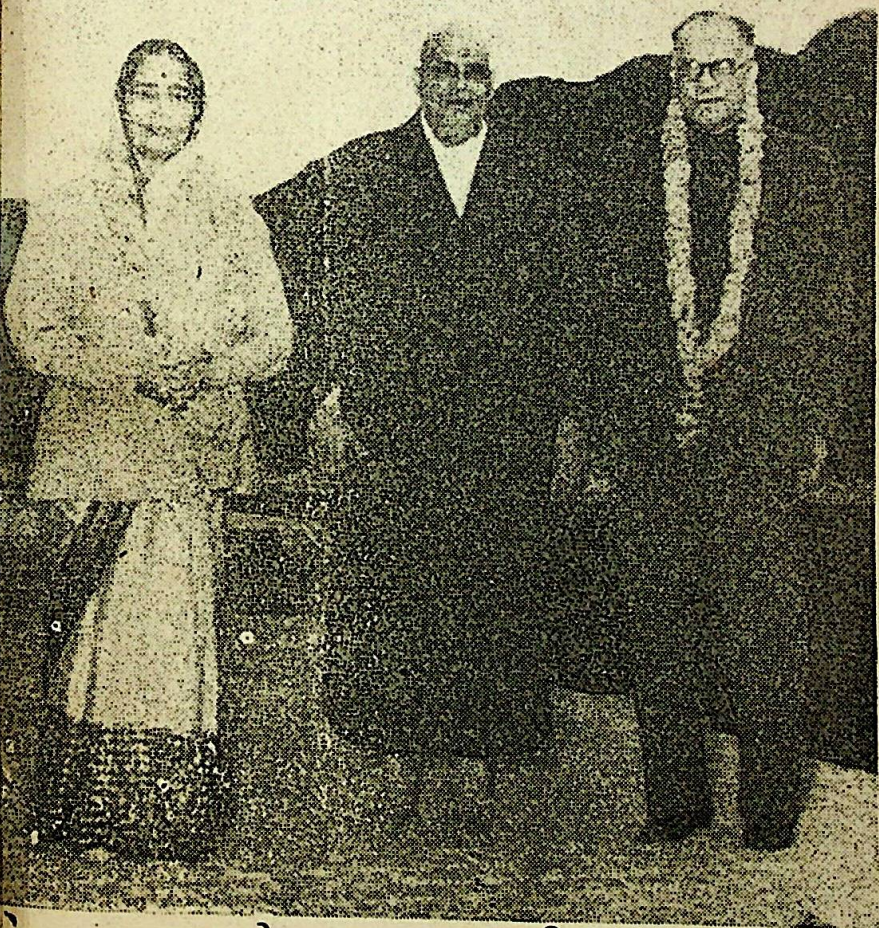


Chief Justice Sri C.R. Das of the Supreme Court of
India, and party

DISTINGUISHED VISITORS
Solicitor General of India, Sri C.K. Daphary and
Mrs. Daphary in Jhswamiji's Kutir



DISTINGUISHED VISITOR



Orissa Governor H.E. Sri Y.N. Sukhthankar and Mrs. Sukhthankar

DISTINGUISHED VISITOR



Vaidyaraj Sri Pundit Thakur Dutt Sharmaji
of Amritdhara, Dehra Dun

Sri S, was upset at this remark and exclaimed, "No Swamiji."

"For argument's sake I am saying," consoled Swamiji and added "The Doctor cannot order you because you are not getting salary."

Sri S. "I will never go Swamiji. The Doctor can order me."

Many emotional and over-enthusiastic aspirants had several times promised Swamiji that they would never leave the Ashram, but had left later for very trifling reasons. Swamiji does not attach importance to emotional outbursts, but expects the aspirants to show their faith and devotion by their actions.

A COVETED INVITATION

The noble and pious Dr. Viswanathan who has great admiration, faith and devotion for Swamiji told us, "I feel jealous when Swamiji asks other people to come and stay in the Ashram permanently. Swamiji has never asked me to come, most probably because he knows that I am helping a few with my salary".

Here is an example of Swamiji's influence and dynamic magnetism on even those who are getting fat salary, fame, name and all the luxuries of life. They consider it as an honour to be invited to settle down in the Ashram.

COSMIC LOVE

A simple and humble, unassuming widow, who looks upon Swamiji as living God, had come

out nicely in some of the group photographs taken by Dr. V. To her Swamiji said "You have come out very nicely in all the photos". This simple remark made the lady bow to Swamiji with a happy smile.

Swamiji made the above remark only as a sign to show that she was not neglected. Whether rich or poor, illiterate or highly educated, Swamiji respects, remembers and showers his love and kindness to all alike.

EGO-D E C T O M Y

"Swami S, give us a song. Bring the harmonium. Let him hear your song." (pointing to an important person)

Swami S. thrilled us with his heart-thrilling music.

When Swami S. had finished singing he told him, "Go to Geneva" and turning to the officer, "he is a great musician, and an Asan expert; he is talented and can help in the Divine Life Society branch, and finally added he can cook also."

This is Swamiji's unique method, to praise a person and when he finds the ego is likely to flare up, to curb it down with an appropriate remark.

SAGE'S APPRECIATION

Swamiji was handing over the gift parcel containing, Chyavanaprash, oil, tooth powder, etc., to Dr V.

"Have you seen our new tin of Tooth

powder ? Parke Devi's will be defeated, I think".

It is the timely help and encouragement of Swamiji that has given the Ayurvedic Acharya the indefatigable strength and confidence to produce such excellent products which have earned world-wide appreciation.

STIMULUS OF HIS PRESENCE

Swamiji asked Swami A to give him a typed copy of some important article. The usual office hours were over, but Swamiji sat there patiently. After a little while he asked, "Have you finished typing ? I am waiting for you. Increase the speed".

Swamiji is ever prompt and quick in doing anything; he also knows the effect of his presence in extracting quick and efficient work, from his disciples, and hence he sacrifices his rest to encourage them.

STUPENDOUS MEMORY

"You used to send me ten rupees every month", said Swamiji to Sri S. M.

"Yes Swamiji, even now I am sending the amount through my son in his name as I cannot send money from Geneva," replied Sri S.M.

Swamiji's power of memory to remember even the minutest details of incidents that happened several years ago is stupeudous indeed. Swamiji has captured the heart of many by this amazing capacity to remember faces, names and even the sentences spoken at a remote date.

MONEY RE-VALUED

"Are you still keeping the photographic equipment Swamiji"? questioned Dr. V to Swamiji, and added "By selling some of the articles a good amount can be collected".

"We require them here often for taking photos. Swami V and Sri P can learn to manipulate them. They are learning" replied Swamiji.

Money has no value for Swamiji. He will spend any amount to give the necessary facilities to encourage a talented person. That is how equipments worth a lakh of rupees were purchased for the Sivananda Art Studio.

COSMIC IDENTIFICATION

Dr Viswanathan and Sri Meenakshi Sundaram had lunch with Swamiji. As soon as Swamiji came out to have food, he questioned "Have you made Payasam (keer)?"

Swamiji's attention will go to the minutest details of the items when he entertains a guest. He will easily beat a house-wife in his efficiency in this.

While waiting for food, the keen interest and ease with which Swamiji listened to the worldly topics of the day was very amazing.

It is the characteristic of his Jeevanmukti state. When he is with a child, he feels himself to be a child, with worldly person he appears worldly, with a scholar, he becomes a scholar.

After food was over, he posed for the camera for the benefit of Dr. Viswanathan.

To please a devotee, Swamiji will forego his rest and undergo any inconvenience.

My God Sivananda

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8th October 1957

Swamiji gave Darshan this morning at 9 a.m. The joyous smile that brightened his divine face seemed to proclaim his attunement with Bliss Absolute. His very presence generated a powerful emotion of sacred veneration, and the blissful vibrations radiating from his pure and guileless soul instantaneously filled our hearts with joy and peace.

Noble, pious and charming Kumudini Devi, one of the foremost disciples of Swamiji offered her humble prostrations to Swamiji and sat near Swamiji. After his usual kind enquiries, Swamiji started going through the correspondence. When he was about to get up to proceed to the office, he noticed that Kumudini Devi was absorbed in reading some typed sheets.

"What are you reading?" enquired Swamiji.

"Sivananda day-to-day, Swamiji," replied the lady.

"How do you like it?" asked Swamiji.

"It is nice, but I have not finished reading it."

"Do not hurry. I will wait till you finish it."

Such is the consideration and patience of this great Saint who has to attend to multifarious duties. To encourage a person to gain spiritual knowledge Swamiji will readily put himself into any inconvenience.

A LESSON IN NON-ATTACHMENT

While proceeding to the office, a self-conscious young man came towards Swamiji with that

peculiar gait of self-importance, affectedly balancing a walking stick in his hand. Swamiji snatched the stick from his hand and said:

"You like this stick very much I think"

"Yes, I do like it" came the reply.

"So I can't keep it, I think" asked Swamiji

"You can," came the half-hearted reply.

"This stick suits me nicely," remarked Swamiji and with a mischievous smile returned the stick to the owner who took it back with a sigh of relief.

Without a spoken word, by that one significant smile Swamiji was trying to teach the owner of the stick that it is foolishness and ignorance that makes one get attached to external objects which give only momentary happiness.

THE BEST CURE

While attending to the office-work, a young Doctor who is preparing for the M. S. examination came and offered his Pranamas to Swamiji. This Doctor had previously complained to Swamiji that he was suffering from some allergic skin-condition which was resistant to any treatment. Swamiji left his work and with all concern turned towards Dr. Mukherji an eminent skin-specialist who was sitting near Swamiji and said:

"Here is your patient, the M.S.; he has consulted many doctors but his condition has baffled all Doctors".

While the patient was being examined Swamiji gave the following advice:

My God Sivananda

31

"Become bodiless; that is the best way of getting cured"

Thus while helping the patient to have the best human aid, Swamiji wanted to teach him the most valuable spiritual instruction that all our sufferings are due to our identification with the body. The best cure for all diseases is to try to get over body-consciousness by meditating on the Atma.

E G O - D E C T O M Y

Dr. Saraswati Jothwaani, a new devotee of Swamiji has come to stay in the Ashram for a couple of weeks. To her Swamiji put the following question.

"You are a Doctor ? How many ego-ectomy operations have you done ?"

The Doctor was puzzled and could not make out what this new operation was, till someone explained it to her.

This is a favourite question Swamiji asks all the Doctors who come to see him. He will in his characteristic way make the Doctors burst out with their medical knowledge and surgical capacity and when the ego has been sufficiently raised he will abruptly ask them how many ego-ectomy operations they have performed. Oh, it is worth watching the baffled and defeated look on the face of the overconfident Doctors. Within a few minutes of contact with a Doctor, Swamiji will make him understand that

his medical science is nothing compared to the science that teaches one how to destroy his ego.

QUALIFICATIONS FOR A NURSE

Doctor Saraswati introduced her sister to Swamiji and told him that she was undergoing training in Nursing.

Swamiji immediately advised her.

"When you finish your course, come and work here. I will give you the diploma to Vaikuntha."

Swamiji meant that a nurse must do work with selfless spirit as it is being done in his Ashram. This will enable her to purify her heart and thus help her to attain cosmic consciousness.

Next Swamiji asked, "What are the qualifications of a nurse?" and gave the answer himself:

"She must be cheerful, sympathetic, must have adaptability, compassion and must be able to bear insults. She must have faith in God and must be able to repeat the Mrityunjaya Mantra." He gave a printed copy of the Mantra to the lady and said:

"Keep this Mantra in your bag and roam about wherever you like, you will have success."

GOD AND SAMBAR

As it was the 8th of the month, Swamiji's date of birth, Sambar was being prepared in the kitchen. The appetising aroma of Sambar wafted into the office and made every one think of the

delicious taste of Sambar. Noticing this Swamiji remarked :

“If your mind could only run towards God like this, how nice it will be.”

Just as the aroma of Sambar makes us think and makes us long to taste Sambar, the very sound of the repetition of Lord's Name should make our mind to run to God without effort, with acute longing to have His Darshan.

ORIGIN OF DISEASES

Swamiji asked us,

“Where do the diseases take origin?” and answered himself,

“First Adhi and then Vyadhi”. First the Vasanas and desires affect the mind and then manifest as diseases of the body.”

THE BEST WISH

A devotee came to take leave of Swamiji. Swamiji wished him joy, bliss, immortality, and remarked, “Westerners say Good luck, but I say, joy, bliss, immortality. Which is better?”

Thus he taught us that none can consider himself to be lucky unless he has attained the joy and bliss of Immortality.

SEVA YOGA

Noticing Dr. Prahlad removing the tea cups, Swamiji expressed:

“He is a Doctor, but he is a Seva Yogi also” and gave an affectionate look to the Doctor.

Swamiji wants the doctors to have true humility and spirit of selfless service combined with willingness to do any kind of menial work to give the maximum comfort to the patients.

YOGA AT HOME

An old man and his son came to have Swamiji's Darshan.

"Does he serve you nicely," asked Swamiji to the father.

"Yes Swamiji," he replied.

"Serve the parents nicely; that itself is Moksha" advised Swamiji to the son.

To those who are unable to renounce the worldly attachments, Swamiji always gives the advice to do their worldly duties with selfless spirit and assures them that by this method also one can attain Moksha in due course.

SIVA'S ECONOMIC POLICY

Mrs. S. had deposited Rs. 100 in a bank in Swamiji's name. She had written to Swamiji that an amount of Rs. 2-8-0, was due to him as interest, but she had forgotten to send the amount. Today, with all eagerness and anxiety, Swamiji was asking Sri C to send a reminder to her to despatch the amount.

Although Swamiji spends thousands of rupees every month in charity, etc., yet he will neither forego the legitimate income of even a pie nor allow the wastage of a pie. It is by adopting this

principle that Swamiji is able to help thousands of helpless souls.

ADMIRABLE TRAITS OF SIVA

A silk shirt was presented to Swamiji by a devotee. Swamiji immediately offered it to Swami Chaitanyanandaji and requested him "Wear it now, I must see how you look in it," and made him wear it in the office itself. When Swami C. had worn the shirt, Swamiji gave him an affectionate and satisfied look of approval and remarked with all joy.

"Look at my P.A., how nice he looks."

These are some of the most admirable characteristic traits of Swamiji. When he offers anything to anyone it is Swamiji who enjoys it much more than the recipient of present. Next, if he decides to do anything good, it must be done immediately. D.I.N. (do it now) principle, Swamiji calls it.

BE LIKE ME

Swamiji instructed Sri V. to send the following message to Sri Vani, a foremost disciple of Swamiji who is an officer in the All-India Radio. "Kindly make friendship with Vasanta. She wants to learn music. Help her in all possible ways, She is your Gurubahen."

Just as Swamiji imperceptibly induces those who come to him to become spiritually-minded by offering them valuable and instructive books, free of cost, so also he expects his disciples to impart their knowledge to their Gurubahens and

he wants the senior disciples to forget their seniority and go and offer their help voluntarily to the juniors.

NOVEL ADMONITION

Swami X. came to the office to do some work. Swamiji had entrusted him with the printing of the book "Care of the Eyes," but it was not yet printed. Instead of finding fault with him for the delay Swamiji adopted a tactful method of reminding of the work. Imitating the telephone, Swamiji placed his folded hand in front of his mouth and shouted in an artificial voice. "Hallow Swami X, what about the book, "Care of the Eyes", when will it be ready. Please hurry up." This comical performance of Swamiji made every one laugh, including Sri X, who willingly agreed to finish the printing quickly.

ESSENCE OF KARMA YOGA

A devotee came to Swamiji and said, "I want instructions on Karma Yoga, can I have a private interview?" Swamiji at first humorously asked us all to clear off from the office to grant the devotee the private interview, and next moment proceeded with his invaluable instructions.

"When you do any service, feel that you are an instrument in the Hands of God. Know thyself and be free. That is the goal of life. Many zeros put together have no value. Put one before them, then there is all the value. So also add Atma to everything, see Atma in everything, and you will see God in everything. Whatever you do

offer it to God and feel everything to be God."

INDIGESTION OR DIARRHOEA ?

Another devotee complained.

"I would like to have a copy of your Bhagavad Gita. You sent me the Ethics of Bhagavad Gita but I could not digest it."

"You had diarrhoea ?" remarked Swamiji with a hearty laugh.

WHAT THE VEDANTI NEEDS

After the evening Satsang Swamiji congratulated the two important speakers and to the intellectual Vedanti he said :

"When the intellect grows too much, the questions where is God, whether there is a God etc., will arise."

To the Bhakta he said, "When the heart expands there will be always that blissful smile, and one will be joyful, peaceful and in divine ecstasy."

Thus Swamiji pointed out that the knowledge of Vedanta without the expansion of the heart is of no use in spiritual life.

CURE FOR PIMPLES

Sri S was suffering from pimples on her face and was consulting Dr M about her condition. Hearing this Swamiji made us all enjoy a hearty laughter with his humorous remark :

"Marriage is the treatment for that."

10th October 1957

NATURE OF ATMA

This morning there was something incomprehensible and ethereal in the beautiful expression of Swamiji's face which made me feel that I was in the presence of not a human being, but the Omnipresent Divinity in human garb. His sparkling eyes seemed to be gazing and enjoying something beyond human range of understanding.

As usual when I prostrated at his feet he greeted me with, "Nitya, Suddha, Buddha, Mukta, Akhanda Paripoorna Satchidananda," and made me repeat the same. Then he asked me:

"Do you know this? That is what you are,—Eternal, pure, free, indivisible, all-full, Existence-Knowledge-Bliss."

Soon after he was seated in his chair Swamiji continued:

"Akasavat Sarvagata, Nitya, Desa-Kala-Vivartita, Niralamba Gaganasadrishya, Vyomavat sarva vyapeeta. All-pervading like ether, eternal beyond space and time, like Akasa without support you are all-pervading like the ether. Do you understand?"

This is the effective and effortless method of teaching adopted by Swamiji, to hurl a few selected pearls of wisdom when the brain is clear and receptive and give us time to reflect and assimilate them silently.

THE SAINT TAKES OVER

Kumudini Devi advanced towards Swamiji

with all reverence and devotion and sat down near Swamiji. He asked her:

"Have you seen my letter to Vijayalakshmi ?

"Yes Swamiji, Satchidanandaji showed it to me yesterday."

The reference is to the letter Swamiji had written to Kumudini Devi's daughter giving her invaluable advice regarding how to conduct herself to lead a happy life. When a person becomes Swamiji's disciple, he not only takes care of the disciple, but the whole family.

NOT VANITY BAG: SPIRITUAL TREASURE

Swamiji noticed the attractive plastic bag of Kumudini Devi and said :

"It is beautiful, let me see." Then he took the bag and examined the contents with great interest, and remarked :

"There is no money here" returned it with a satisfied smile.

It was not the beauty of the bag, nor meaningless inquisitiveness that made Swamiji inspect the bag. By this simple act he investigated into the mental trend of his disciple. Unlike the usual modern ladies Kumudini Devi was carrying in her bag a few spiritual books, diary, etc., and the spiritual trend of his disciple gave satisfaction to Swamiji.

THE MOTIVE BEHIND PUBLICITY

On his way to the office Swamiji inspected the

new Eye Hospital building under construction and appreciated the work.

To Sri Moodley who was standing nearby Swamiji said:

"Your speech was very wonderful. Write every word of it and give it to me. I will publish it. It will inspire many".

The simple, humble and devoted Sri M agreed to do so."

Swamiji is ever keen on giving publicity to anything that will inspire others and turn their minds towards the spiritual path. He never looks into the defect or merit of the style, proficiency of the language or the depth of knowledge of the speaker; all that he wants is simple truth in simple language that will help others to evolve.

LINGUIST SIVANANDA

Near the main gate Swamiji met a Ceylon couple, devotees of Swamiji. In an instant, as if he was born and bred in Ceylon, Swamiji started talking to them in Tamil with that peculiar accent, and this immensely pleased them and captured their heart. Swamiji can talk at least a few sentences in almost all the languages and this has enabled him to become friendly with people instantaneously, on meeting them.

HONORARY PROFESSOR

Swamiji congratulated Sri Tiwari, a well-learned Lawyer disciple of Swamiji, who had delivered an inspiring and instructive lecture, the previous

SIVANANDA MAHASAMSTHANAM

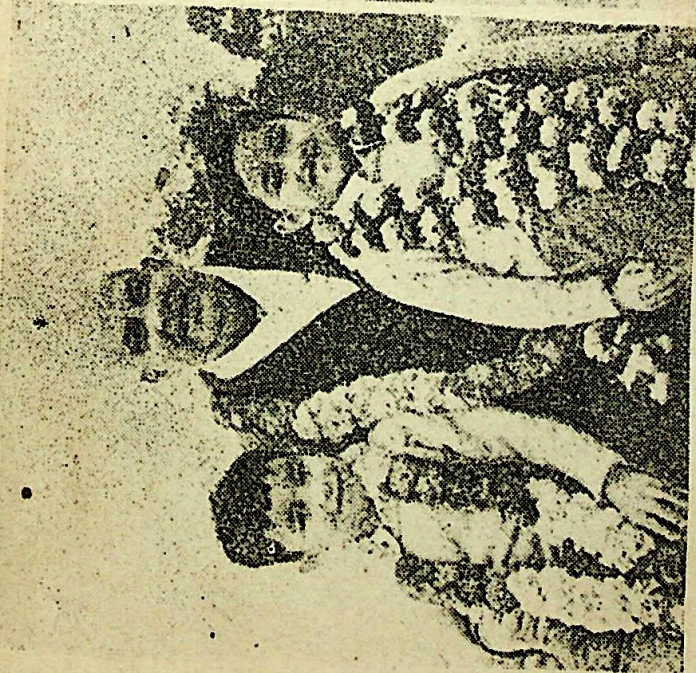
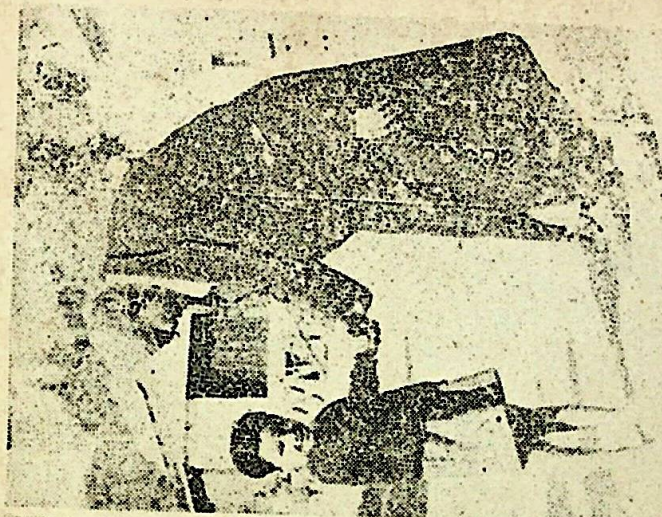


H.H. Sri Swami Parvatikar Maharaj, SWAMIJI, Sri Swami Vidyānandaji, Sri Swami Sangitanandaji, Sri Swami Venkatesanandaji, and two students of Swami Parvatikarji

SIVANANDA GENERAL HOSPITAL

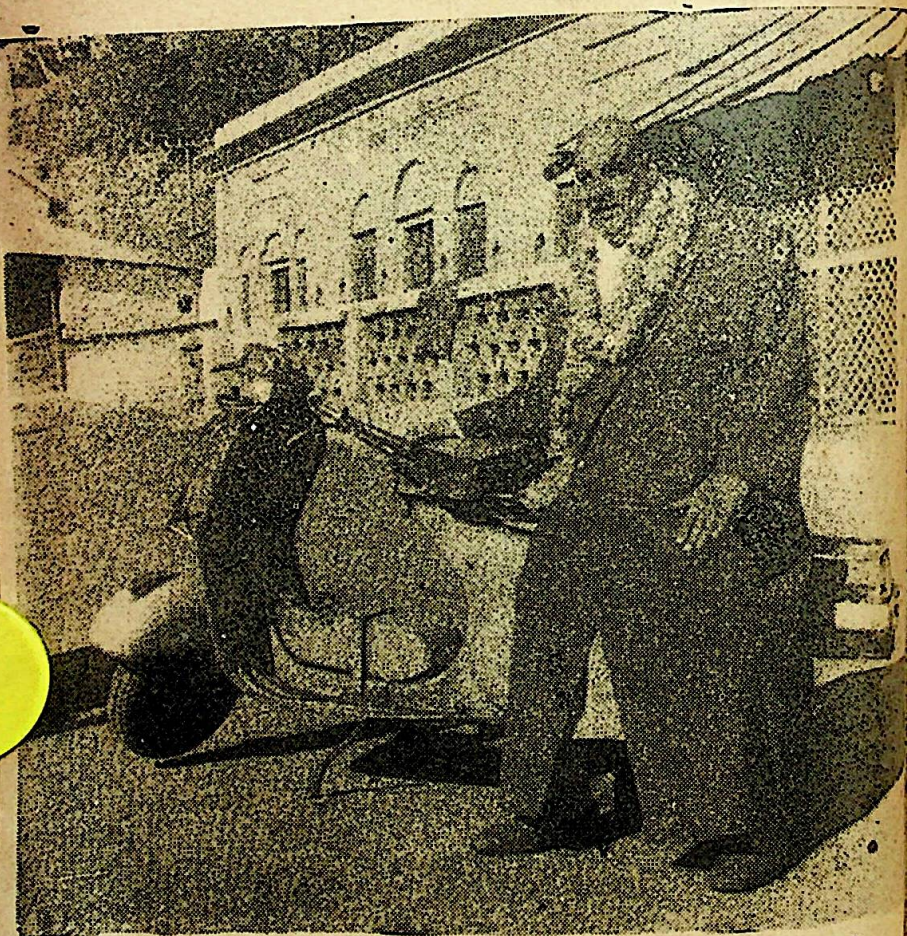


Sri Dr. Parsram Panjabi, M.B.B.S., has recently joined the Hospital as the Medical Officer



(Left) Ashok and Harsha, sons of Major and Srimati Rajalakshmi Rao of Calcutta ; (Right) Sri Ramesh from Delhi

SCOOTER



Swamiji adorns the Scooter brought by a tourist

night at the Satsang. Swamiji said:

"You are now registered as the professor of Yoga Vedanta Forest University. Your salary is nil".

All of us had a hearty laugh at this final remark.

SPIRITUAL POWER ? WHAT FOR ?

The famous and efficient Physician and Surgeon, Dr Mukherji, put the following questions to Swamiji, in the office.

"How shall I endeavour to realise the divine power in me?"

"Do Kirtan, Japa, think of Him as Omnipotent; as you think you will become." Then with an amusing smile Swamiji asked, "What will you do with the power ? You will Lord over all ?"

"No Swamiji, I will try to help the humanity", replied the Doctor.

"Not even occasionally ? even if a wicked man worries you ?" asked Swamiji.

"No Swamiji," replied the Doctor.

This is what Swamiji has repeatedly advised us, never to hurt others' feelings even in the worst of circumstances, never to try to acquire Siddhis and utilise them for selfish purposes and never to pray to God for anything except for God-realisation.

FOR SUCCESS IN BRAHMACHARYA

A man of middle age stood up in front of Swamiji and asked the following questions.

"Swamiji, how shall I keep up Brahmacharya?"

"Do Japa, Kirtan, meditation; Āsans—Sarvangasan and Sirshasan; do Vichar, have Sat-sang, take Sattwic diet, do Pranayama etc.—all this will help you," replied Swamiji.

"Even in spite of all this I do not succeed" complained the man.

Swamiji advised him, "Nothing is lost when the candle burns. Take two or three baskets of mud from the Himalayas, no change will be noticed. If you continue doing it for years there will be a definite change. Previous Vasanas are so great, that it takes a long time to succeed".

"What is the use of succeeding in Brahmacharya in my old age" wailed the man again.

"Put more effort and will. Then you will succeed quickly. Pray for God's Grace" comforted Swamiji.

YOGA DEFINED

Another devotee wanted Swamiji to explain the meaning of, "Yogah chittavrittinirodhah" and "Yogah karmasu kaushalam."

Swamiji explained that the former one is the method of controlling the Vrittis in Raja Yoga method. "By continuously meditating on Lord Krishna, etc., the divine Vritti will destroy all other Vrittis. In the later, when you do your duties feel you are not the doer, offer all to God, be an instrument in the hands of God. But usually when

you give anything to anybody you expect something in return. Even when you salute a person you expect a return salute. Expectation is the nature of the Rājasic mind. You have to get over this.

ELEMENTS OF DOCTORS' YOGA

To an Ayurvedic Doctor Swamiji questioned, "Do you prepare good medicines or do you mix up different urines and sell them for Rs. 2, a bottle ?

"No Swamiji, I prepare genuine medicines and sell them. This is also Yoga, is it not so ?" asked the Ayurvedic Doctor.

"No, that is not Yoga. Prepare good medicines and give it to the poor. Take the medicine and go to the poor huts and offer it free," advised Swamiji and then continued, "But what do people usually do, they will charge Rs 5. as consultation, and when he refuses money they refuse to attend on the patient; this is not Yoga."

Swamiji's is not mere lip Vedanta. During his Sadhana period, wherever he went he used to carry a bag of medicines and distribute them free to the needy. He used to go voluntarily to the Sadhus and poor people and treat them free. In certain cases when pilgrims to Badri had forgotten to take the medicines offered by him he had practically run many miles to hand over the medicines to the person concerned.

OCCASIONAL ROD

It was past the usual office hours. A number of

people were worrying Swamiji with irrelevant questions. Swamiji stopped them rather abruptly with, "Ohji, not here, you can come to my Kutir at six p.m." and remarked in Tamil "They start asking me, can I eat brinjal, will it irritate my tongue, etc. To such people a curt reply is needed to stop them."

Since Swamiji is freely accessible to all and allows them freedom of speech, many people take undue advantage of his kindness and bore him with unnecessary questions. Swamiji tolerated them with patience but at times he is forced to be a little curt to teach people better manners.

THE REVEALER OF HIDDEN TALENTS

That it was not anxiety to leave the office or any need for rest that made Swamiji stop the questioners was made clear by his next act. Turning to the daughter of Sivananda Neelakantan, (an ardent disciple of Swamiji), Swamiji requested:

"Sivanandini, please recite a story, we are all anxious to hear you."

"The smart and obedient girl with the bright eyes immediately stood up and entertained us with the story of Uttanapada.

When she had finished Swamiji remarked with joy and affection, "Not bad, she is able to lecture. Next year she will thrill every one, I am sure."

Swamiji will do everything in his power to encourage and bring out the hidden talents in any one who comes to him, especially in growing

children, the future wealth of humanity. By his ceaseless effort Swamiji has converted many a proclaimed fool into enviable gem.

THE INSPIRER FROM WITHIN

Next turning to Sri Kumudini Devi who used to the princely comforts of life, but who was now seated on the floor near Swamiji as a mark of respect to her Divine Guru and as a sign of her simplicity and humility, Swamiji asserted, "Now Kumudini will do Kirtan."

Kumudini Devi who has never done Kirtan in public before, gave a pleading look at Swamiji as if requesting him to excuse her, but the next moment inspired by the divine power of Swamiji started singing Hare Rama Kirtan.

This is not the first instance; many who were sure that they could never sing or speak, after giving a perfect performance have remarked that it was Swamiji who spoke or sang through them, and inspired and encouraged by their first success have later become expert musicians or speakers by Swamiji's grace.

15th October 1957

It was indeed a treat to the eyes to watch the dignity and grandeur of the majestic gait of Swamiji as he came out of his room this morning.

Taking his seat in the usual chair, Swamiji went through the religious calendar and noted the date of Ekadasi. Swamiji is very particular about his devotees and disciples observing Ekadasi Vrata. Those who have not got the physical capacity to fast, are advised to take milk and fruits, and to spend the whole day in Kirtan, prayer and meditation.

RENUNCIATION AT HOME

Robed in a white simple saree, the simplicity of Kumudini Devi seemed to reflect the purity of her cultured and pure heart, as she came in to have Darshan of Swamiji. Looking at her with an affectionate smile Swamiji gave her the following advice.

"Always try to lead a simple life. Sometimes try to sleep on the floor, sometimes walk barefooted, take simple food and wear simple clothes."

The obedient disciple agreed to do so.

Swamiji does not object to householders enjoying the usual comforts of life, but he always advises them to train themselves to put up with the bare necessities of life with a cheerful heart, and never to get attached to the luxuries of life. One should be ready to give up anything at any time without regret.

Near the office Swamiji met Avadhootamma, a devoted, pious and earnest old lady-Sannyasi who was repeatedly requesting Swamiji to help her to die soon. Swamiji said to us:

"She wants to die. I am doing Mrityunjaya Mantra Japa and keeping her back."

Swamiji never approves of anyone praying for early death. The human birth is a very rare gift given to man as an end-result of meritorious deeds done in the previous births, and must be utilised to the maximum for attaining God-realisation.

THE CRITERION FOR SUPERIORITY

A postal department-officer came to have Darshan of Swamiji, soon after he reached the office. The postmaster had also accompanied him. The officer was shorter than the postmaster.

"You look smaller than the postmaster",
remarked Swamiji.

"I am 35 years old" said the officer.

"35 is very young" came the reply from
Swamiji.

The postmaster has been living in the Ashram for a long time, and thus had acquired spiritual knowledge, the only wealth by which a man's greatness can be measured. So Swamiji indirectly pointed out to the officer that although he was a bigger man in his official capacity, the postmaster was a bigger man in Swamiji's eyes.

DON'T VIOLATE NATURE'S LAWS

Sri Neelakahtan, one of the foremost disciples of Swamiji was ill. The doctor informed Swamiji:

that Sri N. had carried a big vessel full of water from Ganges to his room, and this had been the immediate cause of his illness. Hearing this Swamiji gave us the following general advice.

"One should not go against the law of health and nature".

A LESSON IN SERVICE

A *rambha* fruit was lying on the office-table. To Swami S who came near the table Swamiji said.

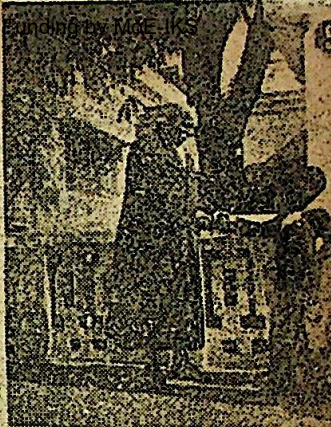
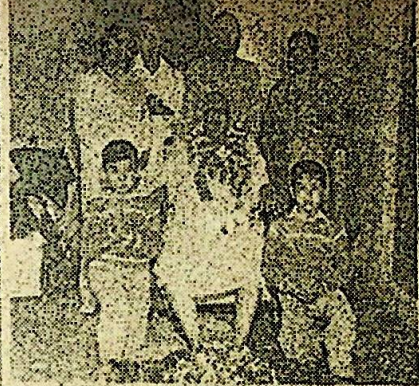
"Take that fruit, share it with your Kirtan party", and then added with all seriousness, "mix it with sugar, it may be sour, with sugar it will be nice".

Just as Swamiji gives detailed instructions regarding Sadhana, he was giving instructions as to how to eat the fruit, and this made me laugh. Swamiji heard me laughing and asked me.

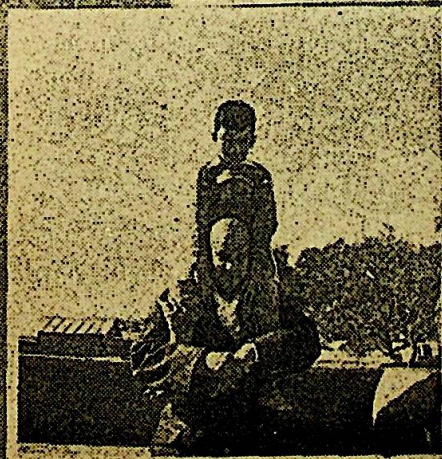
"Are you admiring my consideration or what?"

I replied that I was appreciating Swamiji's consideration; then he told Swami S. "Ohji, then attend to her also", meaning that I should also be given a share of the fruit as a reward for appreciating Swamiji, and this made us all laugh.

That is Swamiji's inborn nature. He loves to see others enjoying good dishes or fruits. He always offers first the best of the fruits or eatables to others. The suspicion that the fruit may be sour made him uneasy, and so he imme-

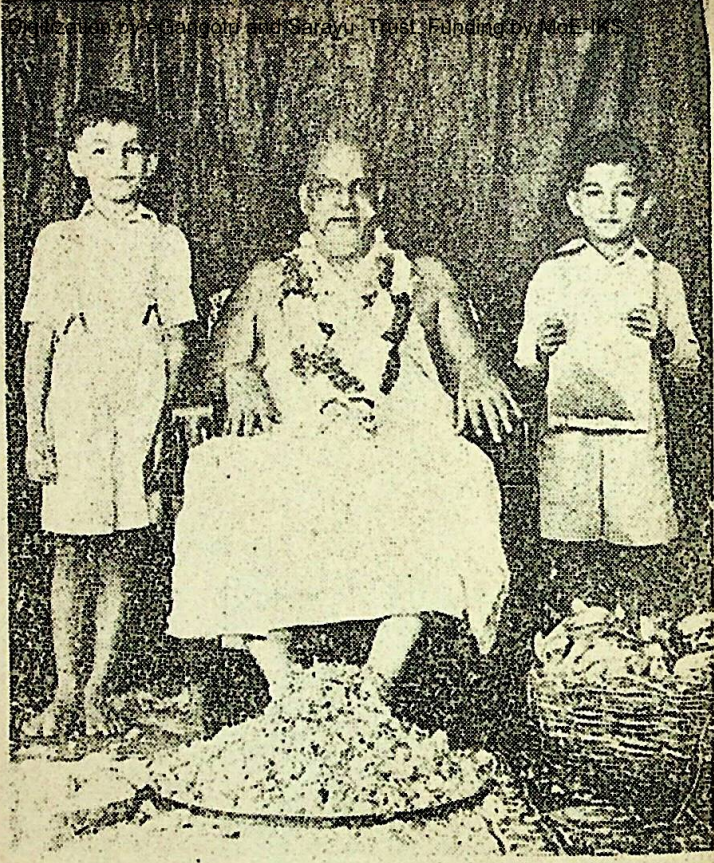


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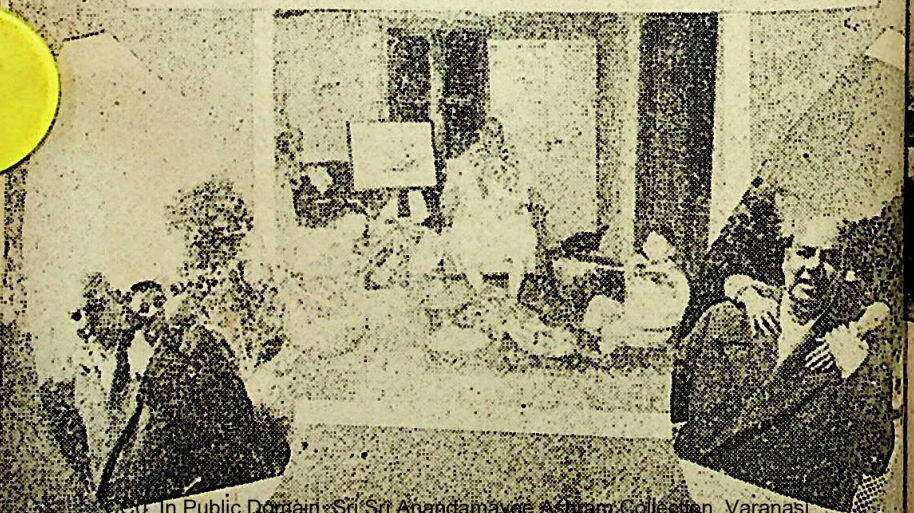


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ASTORIA



HARSHA



ADREMA



Swamiji blesses the "Adrema" machine



Swamiji inaugurates the Linotype
Machine recently installed at the Press

diately rectified it by advising how to make it delicious.

SIVA'S ALL-CONQUERING LOVE

Dr Mukherjee, a leading Physician and Surgeon and Skin-specialist had been staying in the Ashram for a few days, and had given free consultation to many patients. Within this short period the Doctor became very much devoted to Swamiji. In a voice vibrating with emotion the Doctor said:

"Tomorrow evening, with a heavy heart, I have to leave this place. Whenever you call me, I shall come."

"There is no need for calling. You have a standing invitation" replied Swamiji.

Every day we see the same sad plight of the visitors who have to leave the Ashram. Few minutes after meeting Swamiji, his tenderness, love, compassion, friendliness and understanding, capture the heart of each and every one, and no language can express the devotion that springs in the hearts of all, for this Great Saint. When the time for departure nears, they feel they are leaving their real home, the spiritual home of everlasting bliss, peace and happiness.

FIELD OF SELFLESS SERVICE

Sri C's brother was sitting on a bench near Swamiji. Swamiji asked him:

"What is it, on your face? Eczema?"

"No, just a few pimples. I think" replied the young man.

"Show it to the Skin-specialist" advised Swamiji and told the Skin-specialist:

"I have to collect cases for you, Dr Saheb. I see God in diseases also."

Whenever a Doctor visits the Ashram, Swamiji will make him serve the maximum number of people: Thus he will enable the Doctor to purify his heart by doing selfless work, and at the same time help the poor and needy in the Ashram and in the neighbourhood.

BRING IMMEDIATE RELIEF TO THE SICK

A lady came in and complained to Swamiji that she had some trouble in her eyes. Hearing this someone advised her to come in the evening the usual hospital hours, but Swamiji was not satisfied. A suffering man must be attended to immediately. So he asked me to attend to her. Reluctant to leave the blissful vicinity of his Holy feet, I examined her eyes there itself, and prescribed the necessary treatment. The patient did not seem to be satisfied. Swamiji understood the cause for her dissatisfaction. He advised me:

"What is this prescription alone, she may or may not buy the medicine. She wants some drops to be applied to her eyes now. Even if it is any ordinary drops, it will satisfy her."

I immediately arranged for the drops to be put in her eyes and the patient went away with a happy smile.

Thus Swamiji taught me an invaluable lesson in the treatment of patients.

TO DERIVE MAXIMUM BENEFIT
FROM JAPA

A mother in-law and daughter-in-law approached Swamiji and requested for Japa Mala. While giving the Mala Swamiji advised the elder lady :

"The daughter-in-law must be treated just as the daughter."

It seemed as if Swamiji was advising the lady, that getting a Japa Mala and doing Japa will not be of great benefit unless she develops and expands her heart with compassion and equal vision.

16th October 1957

It was a very pleasant morning. The Sun had painted the sky with His flash of crimson splendour. There was a strange divine music in the pleasantly stirring wind. The reflection of the Sun on the innumerable ripples in the mysterious and sacred Ganges, made it look as if it is studded with diamonds. When Swamiji made his appearance on this scene with his delightful smile, we felt that we have soared high into Páradise Divine.

HIS HOMOROUS HOLINESS

After his routine-work, Swamiji proceeded to the office. On the way Swamiji inspected the Eye Hospital building under construction. The decorative work of the frontage of the building was going on. There were a number of designs resembling the letter "H". Noticing this Swamiji ejaculated in his usual humorous way, "Her Holiness Hridayananda Hospital Hall," and brought forth a hearty laughter from all assembled there to have his Darshan.

Swamiji has told us that often he comes out with some witty and humorous remark just to make us all happy. He loves to see every one happy, and cheerful. Often he would go out of the way to bring forth a happy smile on a gloomy face.

A PATIVRATA'S PRAYER

An old man prostrated at Swamiji's feet with an emotional outburst of devotion. When he got

up tears were rolling from his eyes. His wife who was sitting nearby entreated to Swamiji:

"Make my Patidev your Chela (disciple)." The anxiety and earnestness with which the lady made the request was touching, it made one feel as if she was pleading to Swamiji to secure for her Patidev the greatest position in life, the life as a disciple of Swamiji. Of course, if one is able to understand it correctly, by becoming Swamiji's disciple, one does attain the highest position in life.

EXALTED—HOW HIGH?

Swamiji was putting his autograph on a book to be sent to some eminent person. Sri S. requested him to write "His exalted Holiness" before the name of the person. Swamiji asked him:

"Does it mean his position goes up to the palmyra tree's height?"

Swamiji does not attach any importance to these formal terms. He allows people to address him as mere "Sivananda" or "Siva", but just to satisfy the vanity of the worldly-minded people, Swamiji always addresses others as "Maharaja", "Bhagavan", etc.

JNANA YAJNA

A Press reporter requested Swamiji to give him the copy of the latest tape-recorded speech of Swamiji. Swamiji replied:

"That is a long speech. I must give you a concise speech. To whom shall I address? To the Bihar people?"

Swamiji is ever ready, nay, rather grabs at any opportunity granted to him, to disseminate the spiritual knowledge for the benefit of the humanity.

PARA-BHAKTI IN REAL LIFE

We witnessed a heart-touching scene. Swamiji was informed by the Doctor that Sri Neelakantan, one of the foremost and dearest disciples of Swamiji was seriously ill. The Doctor advised him to be shifted to a bigger hospital. Swamiji was all anxious. He immediately sent for Savitri, Sri N's wife and told her :

"Doctor is of the opinion that Sri N. should be treated in a more efficient Hospital. Is your brother in Delhi ? What do you say to this ?"

Sri Savitri, who is very much devoted to her husband replied with tears in her eyes :

"For me the best place is where Bhagavan lives. (This pious lady with utter faith in Swamiji always addresses him as Bhagavan). With Bhagavan's grace and the treatment of the doctors of the Ashram I am sure my husband will get allright. I came here with full faith in Bhagavan, and I have the faith he will be alright. I do not want to take him anywhere else. Will you allow me to bring him to you to get your blessings ?"

Swamiji immediately interrupted :

"No, do not bring him here, I will come there and see him."

Sri S. : "May I send a telegram to Murali (her daughter who is studying in the Medical college)

to come here. Her presence may comfort him."

Swamiji : "What about her lessons, she will miss them."

Sri S. : "Yes, she has to appear for the examination."

Swamiji told the Doctor : "How can we shift him to Delhi, his wife and children are here, where will they stay in Delhi ? She is not willing to take him."

Soon Swamiji started the spiritual treatment.

With eyes closed, Swamiji in a second withdrew himself from this world, and his divine voice conducted Maha Mrityunjaya Japa. He requested all of us to join him in doing Japa. The office hall resounded with the divine vibrations. Coming down from the realm of the Absolute, Swamiji ordered :

"Ohji, arrange for Mrityunjaya Japa to be conducted in the temple. Let it go on the whole day long."

Swamiji was informed that the *Purohit* was doing the Japa.

"That is not sufficient, some of the Ashramites must also join. Swami S., go and do Japa, whenever you find time. Swami A., you must also go."

To Sri S. : "You must also do Japa with your children. Give him complete rest. Give him fruit juice. Ask him not to worry. Everything will be allright." Swamiji then handed over some Prasad to be applied on Sri N.

Next he requested : "Some of you must go and help him."

Swami S. said he was already helping them and he kept awake the whole night.

Swamiji : " You are old, if you exert much you will need some one to look after you. Swami P., you also kindly go and help him."

To the Doctor Swamiji requested : "Dr. Sahib, I wish you could extend your stay here for a few days more." Dr. Mukerji said he had to leave that day, then Swamiji told him :

" Please write down the necessary, treatment if the medicines are not available here I will send some one to Dehra Dun and get them."

Swamiji himself took a paper and gave it to the Doctor and asked him to write down the treatment. It was very late, long past office hours, Swamiji had been working hard for the last one and a half hour but there was no sign of his getting up to leave the office. Swamiji was waiting for the Doctor to finish writing. Noticing this the Doctor said :

" It will take half an hour for me to write the history of the case and the treatment."

" Does not matter " was the prompt reply of Swamiji.

In the afternoon when I went to give injection to Swamiji, the love and anxiety with which he enquired about the health of Sri N. incited in me a momentary wish to get ill myself, to be taken care of by this beloved Guru, the embodiment of compassion; consideration and divine love. Swamiji almost pleaded to me :

"Please go and see him. You will be doing a great thing. Console his wife. Do Mrityunjaya Japa for his speedy recovery."

Evening when Swamiji came out, he asked Sri S.:

"How is Sri N.? Is he better? Is he able to talk? Did you give him fruit-juice? Did he drink it?"

By the evening Sri Neelakantan was much better, his fever had come down, his pain was less and he was cheerful and full of hope of a speedy recovery.

There is no need for me to explain further. The above incident gives a vivid picture and clear insight into Swamiji's love, compassion, sympathy, consideration and readiness to help his disciple. It also proves that God is the real Doctor, the Doctor of all doctors. What the doctors could not achieve with medicines, Swamiji achieved by his mere will divine.

17th October, 1957
MEDICAL ETHICS

Swamiji reached the office today at 9.30 a.m. Soon after the morning prayers, Swamiji called Meenakshi Amma, a devoted disciple of Swamiji, and requested her,

"Go and find out how Sri Neelakantan is, whether he had good sleep, whether his pain is less, what food he took, etc."

Meenakshi Amma immediately obeyed her Guru's orders and returned and reported to Swamiji,

"He had good sleep, his appetite is good, his pain is less, and his fever has come down."

"First class, is he smiling?" asked Swamiji with a joyful expression on his face, and continued,

"Oh, yes, tomorrow he will be able to run."

Within a few minutes Swami S. who was attending on Sri N. came near Swamiji to give his report about Sri N. But before he could talk Swamiji said,

"Your patient is all right I think."

"Yes Swamiji, when your grace is there what else can happen," replied Swami S.

"The Doctor was frightening him. Tomorrow he can eat *sambar* rice. Yes, I made Lord Siva to run to him by the force of my Mrityunjaya Japa yesterday. So he has to be all right."

It is only on rare occasions as this that Swamiji admits his spiritual power. Overjoyed with the

news of the recovery of Sri N in such a short time, the above sentence just slipped out of Swamiji's mouth. We the disciples know the innumerable miracles he silently does every day to help one or the other of his devotees. When questioned as to how the miracle was performed, Swamiji's usual reply is,

"I do not know, Lord does everything," but we only know that Swamiji himself is that Lord.

Swamiji gave the following advice to the doctors,

"Even if the patient is in very dangerous condition, the Doctor's duty is to assure the patient that he will be all right soon. But I suppose if the doctors adopt this method they will find it difficult to make money."

Then Swamiji questioned Dr. Prahlad,

"Do you also frighten patients?"

"No, I assure them they will be all right," replied the Doctor.

"Then you are a good Doctor" remarked Swamiji.

According to Swamiji, a Doctor is good only if he is tactful, sympathetic, confident, helpful, greedless and patient. Medical knowledge alone will not make a Doctor good."

MOULDER OF MEN

A devotee of Swamiji approached Swamiji with some typed sheets. Before accepting the sheets Swamiji ordered,

"Oh, bring Japa-Maala for him."

Swami gave the Japa-Maala and advised him,

"Write to your people you will come only after six months. You must undergo six months' course."

He agreed and prayed to Swamiji,

"My mind should not run outside, it should run inside."

"Oh, yes, everything will be all right" agreed Swamiji.

Yes, Swami has made everything all right in innumerable cases. People with extroverted mind, after a few months' stay in the Ashram have very often turned into serious meditators. Thus by transmitting powerful thoughts, Swamiji has remoulded many people and has speeded their spiritual evolution.

BARBER OR BEAUTY-CULTURIST

Swamiji is well-known for his wit and humour. Many of his outward expressions are the manifestations of the inward immeasurable joy.

Sri V. stood before Swamiji with some important papers. He has had a clean shave of his head and face today. Noticing this Swamiji remarked,

"Ah, look, what a barber can do. He is the beautifying officer."

Everyone laughed to hear this.

TYAGA IN DAILY LIFE

A lady requested Swamiji to return to her a

photo of some devotee given to Swamiji long time back. Swamiji replied,

"You will have to search in the ocean. This is an ocean; no one knows where things go."

Swami Satchidanandaji advised her, "Once given, it is given; you should never ask for it."

Photos, presents, etc., pour in for Swamiji from all parts of the world. After casting an appreciative glance at them just to please the donor, Swamiji passes them on to his disciples for distribution or for preserving them in the Regalia. Swamiji attaches no value for any material things. He practically demonstrates that nothing exists, nothing belongs to him, since he is the Immortal Soul.

WHEN FATHER BECOMES CHILD

A gentleman focused the camera towards Swamiji. Swamiji pulled his spectacles over his forehead and asked him:

"You want a photo of mine with the specs up like this?"

"Yes Swamiji" replied the photographer with joy.

"Send me a copy, slightly enlarged," requested Swamiji.

"I will send you a life-size one" replied the enthusiastic man.

Thousands of photos of Swamiji have been taken, and Swamiji is not at all keen on being photographed for his own glory. He is a world-renowned Sage and there is absolutely no need

for publicity also. But just as the father displays many childish acts just to please the children, so also this Universal Father, agrees to many things just to please his children all over the world.

LAWYER AMONG LAWYERS

Swamiji asked a lawyer who was sitting nearby:

"You have to address the Judge as, 'My Lord', 'Your honour' etc., is it not so? Ah, with what humility and reverence you address him! If only you could do this to God, you will get Mukti very soon."

"Do you know Naval Kishore, the leading lawyer. He has two houses. I stayed in one of the houses" said Swamiji, and then continued to talk about many interesting points about lawyers, judges etc., and the lawyer felt very much at home.

Swamiji can talk on any subject with interest at any time to any one without the least effort. A lawyer will be made to feel that Swamiji is most interested in Law. A Doctor will think that Swamiji is only interested in medical topic, and a philosopher will feel that philosophy is Swamiji's favourite subject. This rare and admirable trait in him enables him to become intimate with people even at the first meeting.

A DEVOTEE'S TRIBUTE

I had the opportunity to go through an interesting letter to Swamiji, sent by the wife of a foreign Consul. The top-ranking men of all

nations admire and adore Swamiji and often write heart-touching letters. The Consul's wife writes:

"It is not possible to express my gratitude to you for having shown me the way to Yoga first, at a time when I really needed it and when I nearly resigned in my struggle against some physical trouble from which I suffered for many years. Now I have full hope in complete recovery, as I have enough faith and patience, etc." The letter concluded with a promise to come and spend a few weeks in the Ashram.

IMMEASURABLE COMPASSION

A very old lady-devotee of Swamiji is very keen on meeting Swamiji just before he goes to his Kutir from the office. She loves to watch Swamiji approaching from a distance. So while Swamiji walks along the road, she would make a shortcut by climbing down the steep steps and will be waiting at a particular spot every day to do Pranams to Swamiji. Today Swamiji affectionately advised the lady:

"Don't go by the steps. Go the other way. For your sake I will walk very slowly, then you can reach your favourite spot before me".

Immeasurable is the compassion, understanding, and consideration of this living God on earth.

20th October, 1957**TO LIVE IS TO SERVE**

Swamiji was looking tired this morning, as he had not fully recovered from his indisposition. But when I enquired him about his health, the reply was:

“Oh, yes, I am all right. Most wonderful.”

As far as possible Swamiji will not admit that he is unwell, and he will not stop working. When Satchidanandaji, the ever-devoted young Swamiji who attends to the personal comforts of Swamiji discovers that Swamiji is in indifferent health, often he has to resort to various tactful methods to make Swamiji take more rest, and to prevent him from going to the office. Swamiji cannot suppress the spirit of service in him. He cannot live without service.

When Swamiji was coming out of his room, we could easily make out he was feeling weak, and naturally our countenance got clouded with worry. Noticing this, just to show us that he was all right, he started singing in a jovial mood.

WHAT TO PRAY FOR

A father with a worried expression came to Swamiji; in the office and complained about the hardships his son was undergoing and requested Swamiji for his blessings. After consoling and blessing the father Swamiji told us :

“People pray I must get a child. When the

child is born it often happens that it gets epilepsy or some other incurable disease."

Swamiji has advised us that we should never pray to God for anything except God-realisation. The Lord knows what is best for us, and our duty is to surrender to Him with full faith, and to accept whatever He offers, whether pain or pleasure, without grumbling. If we pray sincerely for some thing, He will surely give it to us, but that itself will become the source of pain.

ONE WITH DISCIPLES

Sri Radha, a devoted disciple of Swamiji had come to the Ashram. One of the many offerings she had brought for Swamiji was home-made Chutney powder. Referring to this Swamiji asked her :

"Will your chutney-powder give Mukti?"

"No Swamiji," (and whispered to us that her name was Mukti before marriage).

"You renounced Mukti for marriage?" asked the ever humorous Swami Venkatesanandaji."

"She renounced Mukti to become Radha for Krishna" remarked Sri H.

Her husband's name is Krishna.

Swamiji with a smile enjoyed the whole conversation. Swamiji allows his disciples a great margin of freedom in his presence. He never likes to remain remote in a supercilious manner, and order about his disciples. As occasion demands, he is our father, mother, friend, guide and servant, and makes us feel at home in his presence.

A LIFE THAT IS MORE THAN TRUTH

Swamiji gave the following advice to the Doctors, in connection with the illness of Sri N.

"The Doctor must always say that the patient will be allright in an hour, even the condition is serious. Though it is a lie, it is a beautiful lie."

Swamiji meant, that provided the life of a person can be saved by telling a harmless lie, it will not become a sin to say it.

PATIVRATA DHARMA

An Auditor and his wife came to have Swamiji's Darshan. Swamiji asked the Auditor :

"Will you audit our accounts, without fee?"

"Yes, Swamiji" replied the Auditor.

With a mischievous smile Swamiji turned to the wife of the Auditor and asked her :

"Your husband says he will audit our accounts without fees, do you agree?"

"It is a blessing to get an opportunity to serve you," replied the lady.

Swamiji was indirectly advising the lady that as an ideal wife she should not stand in the way of her husband doing any selfless service.

UTILISATION OF TALENTS

To Dr. Padma, Swamiji insisted :

"Padma, you must learn Veena. Here is a teacher who teaches Veena in ten days. You need not have voice, you need not have taste for music, yet he will teach you. He is a super teacher. Only thing is you have to pay the Guru Dakshina,"

then humorously commanded "Nikalo, Nikalo, Bees Rupiya," and made all of us laugh.

If any one talented in any art becomes Swamiji's disciple, he will be encouraged to the maximum, and at the same time Swamiji will make him serve the maximum number of people and thus give him an opportunity to do selfless service, the best means for purification of the heart. Swami Vidyanandaji, the disciple of Swamiji is an expert Veena-player and a willing, capable, humble and hard-working teacher, who is ever ready to impart his knowledge to any one at any time. He has trained a great number of Swamiji's devotees.

HUMILITY: MARK OF DIVINITY

A gentleman approached Swamiji and requested :

"Kindly guide me in concentration and meditation."

"God will guide you, I will help you" replied Swamiji with all humility.

Although a God-realised soul, yet Swamiji never poses as one. He will never say "I bless you." It is always, "May Lord bless you." This living God on earth tries his level best to hide his identity and lives in his humble Kutir as an ordinary man, silently transforming thousands of people by his tremendous spiritual power which is identical with that of God. He rather prefers to be known as the servant of the humanity, than to be known as their God.

QUANTITY Vs. QUALITY

To Dr. Saraswati Swamiji asked :

"How many caesarian operations have you done?"

"Twenty," replied the lady.

"You seem to be a great surgeon," praised Swamiji.

But next moment asked her :

"How many cases were successful?"

"Most of them" replied the Doctor.

Swamiji always attaches importance to the efficiency of the work done, and not to the number of hours one has worked.

LAME EXCUSE

Swamiji handed over an article regarding the importance and benefits of vegetarian diet to a lady-devotee who was sitting nearby. After going through it she asked for a copy of the article to send to her husband who was a non-vegetarian and who had no faith in the advantages of vegetarian diet. To this Swamiji remarked,

"He will say, even Devas have taken meat, and Rishis were also taking it."

Swamiji pointed out that when a man wants to do something that he desires for, he will find enough lame excuses for doing it.

INCARNATE COSMIC LOVE

An old lady-devotee of Swamiji who had been staying in the Ashram for a number of

months, this morning was overpowered by her devotion to Swamiji. She suddenly got up and gave a short lecture explaining to us that Swamiji was the Kali Yuga Krishna Avatar. To this Swamiji replied humorously,

“It is only you who feel like that, (*pointing to us*) these people don't feel it.”

“They feel it, otherwise they will not come and sit here like this” replied the lady.

Swamiji is an incarnation of Lord Sri Krishna in many aspects. To have thousands of devotees and then to make each one feel that Swamiji loves each one the most is an easy task for Swamiji to perform. To those who get elated by praise, Swamiji will shower praise and make them feel he loves them the most; to those who care for material objects Swamiji will overload them with presents and create the feeling he loves them the most; to those who have spiritual pride Swamiji will pretend to believe that they are the most spiritually evolved people and thus give them the impression that he cares for them the most and so on. By whatever methods he captivates the heart of the people, the ultimate end-result is that they strive their best to attain God-realisation.

REMINISCENCES OF SIVA

In spite of his indisposition as usual, at the correct hour Swamiji was at his writing table replying letters. Today's letter was very interest-

ing. It gives us an idea of his acute memory, and an insight into the his loving heart which never forgets an old friend, even after a lapse of many years. I will reproduce a portion of the letter, written to H.H. Swayam Jyotiji Mahraj.

“Let me remember the old incidents. Our trip to Kailas mansarovar along with Swami Adwaitanandaji and Sri Maharani Surat Kumari. My fall from the horse like a pumpkin near Garbyang, our lunch at your cottage on the banks of Ganges with Swami Adwaitananda with kadi, srikant; our trip to Neelakant with Hiraben party, your wonderful Vedantic discourses at Rama Ashram our meeting at Judge Ganga Sarkar's quarters with Sri Tapovanji and Swami Adwaitananda on Thursdays with lunch and discourses on Jnana-Bhakti, our trip to Kumbha mela—all these ever remain green in my memory.”

21st October, 1957.

It was very cold this morning. As Swamiji had just recovered from his indisposition, he did not go to the office today. The wailing of the wind, and the force with which it was shaking the outside door of Swamiji's kutir, made me wonder whether Nature was trying to find out why Swamiji was not coming out this morning.

Although Swamiji did not go to the office, it was not possible to make him take rest. His nature to serve others could not be curbed. Lying down in the easy-chair Swamiji started his routine work. Ah, it was an inspiring and admirable sight to watch how in a few moments he managed to forget all about his weakness and got absorbed in his work, not neglecting even the minute details of everything. He went through a typed article and handed it over to Swami Satchidananda. Swami S. was busy attending to some other work, so he placed it on the table. Swamiji's attention went there,

"Keep the article in the proper file", requested Swamiji.

"Yes, Swamiji" replied Swami S. but left the file where it was for a few minutes. Nothing can escape Swami's eyes. Once again he requested him to keep the article in the file.

"After Swamiji gets up only I can keep it, I cannot open the almirah" came the answer. (Swamiji's chair was placed close to the almirah)

Swamiji never likes procrastination, and everything must be done systematically.

Soon Swamiji's attention drifted to his disciples.

"Please give a tin of biscuits and a tin of halwa to Dr Krishna Rao, and a tin of Halwa to Sri Moodley. Ask Krishna to take a Katora of good ghee to Dr. Padma along with her food" ordered Swamiji

After a few minutes, in between the signing of letters Swamiji said,

"Bring another tin of halwa and open it. Let the small Bhagavans share it." Swamiji meant the young disciples who were assisting Swamiji.

While the halwa was being offered, continuing his work Swamiji went on issuing the following instructions.

"Give it in a paper to Dr. Give plenty to N. Give another dose to V. I think V. can have a full tin, but if I give it to V. does it mean, I have to give it to N. also. Not necessary, I think. Ohji, do not forget A, give to Dr. A also. Have you given to Parmu and Vachan? (P. and Vachan are the servants working in the kutir) How much more is left? I should be able to give a tin to everyone.

"It is finished Swamiji" informed Swami S.

"Finished"! came the exclamation from Swamiji.

"Yes Swamiji, If two doses are given to so many people, how can anything be left?" asked Swami S.

Swamiji is never satisfied by offering little; his hand always inches to give more. Once he starts distributing things, he almost gets into a trance. Just like a loving mother and efficient housewife Swamiji will remember and instruct, to whom all a particular thing should be offered, how much each one should be given, what different people like etc.

Swamiji started going through the address of the gift-packets. In between suddenly he asked,

"Have you arranged for hot water for Padma?"

Once a disciple arrives at the Ashram, one is made to feel that one has just reached one's dear home. Swamiji will go into the details of their comforts, he will remember what sort of food each one likes and he will make the inmates to go and serve them.

CHIEF JUSTICE AT THE ASHRAM

After finishing the work Swamiji was about to go to his room to take the well-yearned rest. At that moment Sri M, the secretary of the Ashram informed Swamiji that Sri S.R. Dās, Chief Justice, Supreme Court, New Delhi, had arrived to have Swamiji's Darshan. Without the least hesitation Swamiji agreed to receive them.

Soon Sri S. R. Das and party arrived and offered their respectful Pranams to Swamiji.

"Kindly take your seat" requested Swamiji.

"Oh, bring a set of books" ordered Swamiji.

A heap of books including Bhagavad Gita was

offered to the Chief Justice. Picking up the Bhagavad Gita, the Chief Justice said :

“I have one Bhagavad Gita by Annie Basant” Swamiji.

Swamiji : Yes, yes, it is a world-thriller. She has done wonderful service to humanity.

Justice : But that does not contain commentary like this. Is it your commentary, Swamiji ?”

“ Ohji, bring coffee, biscuits, Badam Halwa ” ordered Swamiji.

The guests were entertained to Swamiji's hearts content.

A child in the party refused to take Halwa. Swamiji noticed it.

“ It is home-made; it is sweet like Rasagula, taste it” tempted Swamiji and talked to the child a few words in Bengali and made her feel at home. The child could not resist such a loving offer and tasted the Halwa and took it with relish.

Justice : “ Swamiji I came to know about you and the Ashram through Mukerji, the retired Justice. I think he came here.”

Swamiji : Do you know Justice Bhagavaty, Supreme Court. He had been here.”

Justice : “ Yes, Swamiji. My predecessor Patanjali Sastri, Chief Justice has also visited the Ashram.”

Swamiji : “ Yes, he has come here. Justice Shyam Prasad Mukerji, Hindu Maha Sabha President, came here. He presided over one of our Parliament sessions.”

Justice : " Yes, I know the whole family."

Swami Satchidananda : " Justice T. L. Venkataramana Iyer was here. Late Justice Chandrasekhara Iyer was also here."

Swamiji : " Chandrasekhara Iyer has written many books, do you know ?"

Justice : " Yes, yes, I know him. He was a very hard-working man. He could not live a day without work. He has written a book on Anjaneya, forwarded by C.P."

Justice : " Has my cousin-brother C. R. Das visited this Ashram ?"

Swamiji : " No."

Justice : " How many Yogic students are here ?"

Swamiji : " Two or three hundred."

Justice : " They are all under your guidance?"

Swamiji : " Yes."

Justice : " Do you give any discourses ?"

Swamiji : " Yes, occasionally."

Justice : " In Santi Niketan, Gurudev (Tagore) used to hold mass-prayer, Santi Pat, etc. But I think here it is all individualistic."

Swamiji : " No, we are doing both. Morning there is meditation class, Asan and Pranayama class, afternoon there is Upanishad class, night there is Satsang with discourses, Bhajan, etc."

Justice : " This is a very nice place for studies, contemplation, etc. I love this place."

Swamiji : " Come and stay here for a week."

Justice : Do not tempt me Swamiji. I have to go back.

After the above friendly conversation group-photo was taken.

Noticing the wire-netting on the roof of the Verandah, the Justice asked :

" Is this for protection against monkeys ? Twenty years ago when I came, Swamiji, in Lakhman Jhula there were plenty of monkeys. Now they are much less."

"The Indian Government have exported them to foreign countries," replied Swamiji.

Soon the guests got up and did Pranams to Swamiji and were about to leave the Kutir. Swamiji started talking to them in Bengali :

" Kub Balivachen ? Ashun Tarpori, Boshun, Bujlen ? Khtho Badi ? Akana jaben ? Rasagula khaben ?" The meaning is : "Are you alright ? Come afterwards. Sit. Do you understand ? Which is your native place ? Do you want to go now ? Take Rasagula."

The visitors were amazed, amused and pleased. They had a hearty and happy laugh.

This is how Swamiji entertains visitors. Those who thirst only for spiritual knowledge, Swamiji will pour out his wisdom. Those who love to talk on worldly matters also find Swamiji a willing listener. Swamiji immediately after a visitor's arrival finds out the trend of the person's mind and will talk accordingly. He can talk a few sentences

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in many languages and this has enabled him to become friendly with even the most reserved people. He is a king of hospitality and a monarch of generosity. He has the capacity to participate and listen to the most interesting as well as the most boring conversation with patience.

22nd October 1957**THE DRESS OF THE DIVINE BEING**

Swamiji decided to go to the office this morning. Noticing the cold breeze which announced the arrival of winter, Swamiji requested Swami Satchidanandaji to get him the overcoat. The coat was not ironed and was looking crumbled and rather untidy. When this was brought to the notice of Swamiji, his answer was :

“There will be people to worship this coat also. You will see.”

Swamiji was making us understand that people from all parts of the world flock around him not because of his external attraction, but due to the tremendous spiritual power which makes him a living dynamic magnet, which no one can resist. Even in the most shabby dress, people will worship him and adore him.

SUN AND SIVA

When he opened the door of his room, the warm rays of the sun gently caressed him. Swamiji remarked :

“Oh, the sun has come to receive me.”

Yes, the sun must have been pleased to see that Swamiji was fit enough to get out of his Kutir. When due to any unavoidable reasons Swamiji does not make his appearance outside the Kutir, even the mighty Surya Bhagavan is unable to brighten the face of Swamiji's devotees,

FALSE PRETEXT

Swami R. came in and prostrated at Swamiji's feet. Swami R. seldom comes to Swamiji's Kutir, Swamiji understood the reason for his unusual appearance in the Kutir. So he asked Swami R.

"What is it, are you going out on tour?"

"I am going to Patan to attend the D.L.S. conference. I will take books for distribution during the conference session.

Swami Satya Jnanananda said :

"He has got a free pass, so he thinks of going. He may go to Dwaraka also."

"Say that. I knew it" expressed Swamiji.

Knowing that Swamiji does not like his disciples to roam about aimlessly, some of them at times try to get out under the pretext that they are going in connection with Swamiji's work.

"So you have got pass to go to Patan?" enquired Swamiji to Swami R. who was taking leave of Swamiji.

"What is the necessity of pass to go to Pattan? (In Tamil Pattan means grandfather) joked the witty Swami Venkatesanandaji, and made us all laugh.

MEDICAL ADVICE

Mrs. Neelakantan complained to Swamiji that her sister-in-law was suffering from fits of unconsciousness. While Mrs. N. was trying to explain the character of the fits, Swamiji himself went on asking,

"She gets froth in the mouth, is it not ? and her eyes must be rotating upwards."

"Yes, Swamiji, replied the lady

"Do not allow her to go to fetch water, and prevent her from going near the fire", advised Swamiji.

"They have tried all kinds of treatment but she is still suffering. Bhagavan, kindly give a Japa Maala with your hand and bless her."

Swamiji gave her the Maala and advised her to do Maha Mrityunjaya Mantra Japa"

There are several instances where people after trying varieties of treatment, as a last resort had come to Swamiji for help. Those who have come with real faith, have had miraculous cures.

GIVING IS GREATER PLEASURE

Today, being Deepavali, a number of devotees came to Swamiji's Kutia to get his blessings. Swamiji ordered,

"Bring the sweets from inside, let us offer them to these people" Sri S. went in and brought Omapodi, (a South Indian Eatable) Swamiji was not satisfied.

"What about the other things, bring out all of them", demanded the generous Swamiji.

Often the devoted disciples will leave off certain delicious sweets to offer them to Swamiji later, but Swamiji will spot out the trick and make them bring out everything. Swamiji derives more pleasure by watching his disciples and devotees enjoying the sweets.

A NEW RECRUIT

An old gentleman came to Swamiji while he was in the office and sought his permission to stay in the Ashram. Swamiji enquired,

"Have you got any family?"

"No, I am alone, Swamiji" he replied.

"You came alone and you will go alone, Bil Kul Tik hai", remarked Swamiji.

Swamiji was teaching him Vedanta by that one sentence, that he must always remember that he came alone to this earth and no one will accompany him when he dies. So it is foolishness to get attached to family, friends etc.

Then turning to Swami A. Swamiji asked,

"Do you want this man?" and continued, "He will not fight because he is old. He will not run away because he is old" and to the applicant Swamiji said,

"So you have the best qualifications. I will give you only little work to help digestion of food."

Whenever a person wants to stay in the Ashram, Swamiji's main interest is only to find out whether he is efficient to help the Ashram work, and whether he has real interest in doing selfless work. Swamiji is not bothered about their character, high qualifications etc. Every individual is like clay in Swamiji's hands. Without any effort, without the individual's own knowledge, and without spoken words, by his mere will, Swamiji in

no time moulds them into enviable personalities, useful to the society.

WHERE THERE IS A WILL

THERE IS A WAY

Dr. Rao and wife entered the office to have Swamiji's Darshan.

"Avoji, it is a long time since you gave us your Darshan."

"Yes Swamiji, we have been trying to come for the last two years" replied Mrs. Rao

"See her, (pointing to Mrs K. Rao of Madras who was sitting nearby) she lives so far away and yet they come often."

Thus Swamiji made it clear to them that where there is a will there is a way.

"What is the temperature of the cock, Dr Saheb?" asked Swamiji to Dr. Rao

"107 degrees Swamiji" answered the Doctor

"So no strepto cocci etc can grow, is it not. Then I think it is better to be born as a cock" remarked Swamiji humorously, and started talking to them in Canarese, their mother tongue.

This is Swamiji's usual method, to mix a little love, advice, humour, etc., and make the person feel at home.

DIVINE FATHER

A party of Gujarathis, Swamiji's great devotees came in. They wished Swamiji their

usual lengthy manner, "Prakata Prabhu Swami Sivananda Rajadhi-rajane, Gani kamma" It was inspiring to watch the overflowing devotion of even the small children of the group. Appreciating it, Mrs Krishna Rao told me, "Swamiji is very much loved by the children also. Before leaving Madras I asked my brother's daughter a small girl, what she wanted me to bring for her from Rishikesh". She replied "Bring me only whatever Swamiji gives."

Children find a real father in Swamiji and often love him more than their own presents. Swamiji regularly writes to them and gives them valuable advice, and gets many of their interesting letters published to give them encouragement.

Swamiji descends to the level of a child to understand a child, and this makes the children love him.

THE HEAVY PENALTY

Swamiji offered a number of books to Dr. Rao.

Dr : - "Swamiji, you have already given us many books"

Swamiji : -You did not come for two years. So I must give you at least 40 books.

Satchidananda Swami : - "Why Swamiji, we are publishing more than 20 books every year. So more should be given."

Instead of being indifferent to a devotee who has not come to pay his respects for a long time,

Swamiji will show extra kindness and love towards him and thus remove the feelings of remorse he has for his own negligence.

FITTING REPLIES!

An emotional young man got up and told Swamiji,

"I am interested in Jnana Yoga. Give me specific instructions to reach the goal."

From the very question Swamiji knew he could not be having a clear knowledge of the essence of Jnana Yoga. So Swamiji questioned him :

"What is Jnana Yoga ?"

"Jnana Yoga is the Yoga by which we can cross the Samsara by swimming" came the answer.

"And Bhakti Yoga ?" asked Swamiji.

The youngster was trying to find an appropriate answer. In the meanwhile Swamiji advised him :

"Do Japa of Om. Think of the attributes of Om. Meditate on it. You will attain what you want."

"I want to resign my job and come here" volunteered the over-enthusiastic young man.

"No, don't do it. You can come here during holidays" advised Swamiji.

"Give me anything by which I can remember you," requested the devotee.

"Take my picture in your heart," came the reply.

Unless a man has got real spirit of renunciation, Swamiji never encourages him to resign the job and come to the Ashram.

THE SWEET CORRECTIVE

Swamiji was writing his autograph on one of his costly books. He told us :

"A man owes me Rs. 800. I am giving this to him as interest."

"It will act as a reminder also" remarked the witty Swami Satchidanandaji.

Swamiji will never scold or get angry with a man who does a mistake. By showering extra kindness and consideration towards him, Swamiji will make him feel sorry for his mistake and in a short time with full repentance the person himself will rectify his mistake.

WELCOME, OFFICER !

Sri S. introduced her sister to Swamiji and added :

"She is a gazetted officer, A-1."

Swamiji with a serious expression of respect for the big officer pretended to get up from his chair remarking :

"Oh, I will have to stand up I think" and made us all laugh.

This is an example of Swamiji's humorous method of correcting a person's vanity.

UNIQUE PADA-PUJA

"There is a Pada-Puja, Swamiji" announced

Swami Satchidanandaji and so after the usual prayer, Swamiji left for the Kutir.

A number of devotees had assembled to witness the Pada-Puja in Swamiji's Kutir. Swamiji was taking rest in his room. Everyone was eagerly awaiting his arrival. Although we had left his presence only half an hour ago in the office, yet we were simply longing to have his Darshan.

In a few minutes the door opened and Swamiji's majestic figure could be seen advancing towards us with his usual heavenly smile and compassionate look. When I looked at his radiant face shining with that mysterious aura of godliness, it made me feel that if one cannot find God in him, he will never find Him anywhere else, and a silent ardent prayer arose from the very depth of my heart to give me the strength to serve him every second of my life.

Swamiji seated himself in his usual Asan. His glittering all-knowing eyes gave a sweeping look around his devotees. Suddenly there was an expression of anxiety on that divine face. His loving eyes had rested on Sri Neelakantan, a foremost disciple of Swamiji who was seriously ill a few days ago and who had not fully recovered from his illness. The most compassionate words poured forth from Swamiji.

"Why did you come? You look tired. Oh, give him glucose. You sit on the chair. Your wife can do the Pada-Puja. You could have done the

Pada-Puja in your place itself. I would have come there; you can lie down on the sofa. If you want I will also come and lie down with you."

"Let him do the Pada-Puja, Swamiji. Nothing will happen to him. If he does Pada-puja everything will be all right," pleaded his wife, the ever-devoted disciple of Swamiji who considers Swamiji as God Himself.

Next Swamiji's attention went to Dr. Padma, who had recently arrived in the Ashram. She had just recovered from a serious illness; Swamiji enquired :

"Padma, are you bathing in hot water? everything all right?"

"Perfectly all right, Swamiji," replied the Doctor.

Swamiji requested Mrs. Neelakantan to recite Shyamala Dandakam, which she recited with all Bhava.

Just when the Pada-Puja was about to start, Parvati Amma, an old lady of 76 years, a great devotee of Swamiji slowly advanced towards Swamiji with all devotion and reverence. This lady had a fit of unconsciousness this morning and her condition was considered dangerous. So it surprised every one to see her coming. Again Swamiji's face clouded with anxiety.

"Why did you bring her" enquired Swamiji of her daughter.

"She wanted to come. It is your grace. It is

another miracle of yours," replied Meenakshi Amma the daughter of the lady.

"Make her sit near the wall, so that she can lean and take rest" ordered Swamiji.

"No Swamiji, she wants to do Padapuja also" came the reply. In the meanwhile the old lady had found a seat near Swamiji's feet, ready to do Padapuja.

"No one has got her faith and courage. I have given her the correct name, Major General" remarked Swamiji.

Soon the Padapuja started, and there was pin drop silence; every one was absorbed in worshipping the living God.

AN ADVOCATE IN SIVA'S COURT

Soon after the Padapuja Sri N. R. Gosh M. A. B. L. Senior Advocate Supreme Court, had interview with Swamiji. He came from Galpaygury.

Advocate : - What will become of our Hindu culture and religion with this communism ? It is becoming rampant.

Swamiji : - Godlessness cannot exist. Hindu religion will exist till eternity. It is Sanatana Dharma.

Advocate : - I have studied Upanishads etc., but I have no strength and peace of mind.

Swamiji : - Are you doing any Japa and meditation ?

Advocate : - Not much.

Swamiji : - As your Ishta Devata is Siva,

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meditate on Him, one hour in the morning and one hour in the evening. You will have much peace and strength.

Advocate : - Kindly bless my sons and daughters. They should prosper.

Swamiji : - I will conduct prayers for their health, long life, peace and prosperity. The advocate left Swamii, a happy man.

23th October, 1957

DOMESTIC TACTICS

Swamiji gave us his Darshan at a.m. today. The charming and sacred smile on his face was nothing but an outward expression of the warm affection radiating from his pure and guileless heart.

After going through the daily correspondence, he proceeded to the office.

As soon as he entered the office, all those who were anxiously awaiting his arrival stood up with a happy satisfied smile. It is difficult to explain, but his very presence infuses a blissful magical effect on men, women and children, young and old. His divine affection soothes, hallows, elevates subdues and seems to bring down heaven to earth for the benefit of the struggling humanity.

After saluting a lady-devotee who is a Veena player Swamiji asked her, "Are you practising Veena?"

"No Swamiji, there is no time," replied the lady.

With a meaningful look and a mischievous smile at her husband who was sitting nearby Swamiji told the lady,

"Ask him to cook and you practise Veena" and the next moment he advised the husband, "If she asks you to cook, you just make the rice into a paste. Then she will not ask you another time"

Everyone in the office had a hearty laugh.

Swamiji believes that good humour gives health to the soul, and he is an expert in imparting wisdom through humour.

VEDANTA WITH TEA-CUP

Swamiji's power of hearing is very acute. Although immersed in his work, yet his ears did not miss the sound of a cup broken in the next room. Without looking up from the papers he was going through, Swamiji just hurled a pearl of wisdom at us by his remark,

"One has become many."

By this apt remark he reminded us of our cosmic oneness, and the devastating effect caused by the feeling of duality or multiplicity.

TO PROMOTE TALENTS

Sri Swami Vidyanandaji, an expert Veena player and a selfless teacher entered the office with the Veena. Sri Kumudini Devi had been learning Veena for the last ten days and within this short period Swami Vidyanandaji had taught her to play a few small songs. Knowing this Swamiji showered the following compliment on the Veena-master.

"Here is a Veena-master from Indra Loka. In ten days he is able to teach you songs. Now hear this new student whom he has taught "

Sri Kumudini Devi entertained us with her delightful Veena performance. Swamiji congratulated her on her intelligence and talents :

“Oh, wonderful; remarkable, how did you learn so soon. It is beautiful. You must continue your practice. Invite Swami Vidyanandaji to Hyderabad. He will come and teach you”

Swamiji knows the value of praise and he pours it liberally to all. By his words of praise he has often brought out the hidden talents of many, and given them the impetus to work hard.

NADA-YOGI

Next Swamiji requested Swami Vidyanandaji to play the Veena. He started Raga-Alapana and every one was absorbed in the music. Suddenly Swamiji started singing the Raga-Alapana himself. His celestial soul-thrilling voice set into vibration the heart-strings of every one, and oblivious of the melodious sound of the Veena all were intoxicated with the sweetness of Swamiji's music. It was a thrilling sight to watch him singing with suitable graceful gestures of the hand.

CONSIDERATION FOR OTHERS' FEELINGS

Sri R. Sastri got up to take leave of Swamiji as he had to leave the Ashram that evening. He expressed his disappointment at not being able to recite Ramayana before Swamiji. Swamiji was getting up to leave the office. After his hard work he was looking tired also; but the moment he observed the look of disappointment on Sri Sastri's face, Swamiji sat back in his chair and requested Sri Sastri to recite the Ramayana. It brought a grateful and happy expression on Sri Sastri's

countenance. Swamiji remained in the office for another half an hour.

To encourage a person in the dissemination of spiritual knowledge, Swamiji will spare no pains, and will put up with any inconvenience at any time of the day irrespective of his age and health.

After giving detailed instructions to Swami S, regarding the food and comforts of Sri Sastri, Swamiji left for his Kutir.

24th October, 1957**BRIDGE OF IMMORTALITY**

Swamiji was in a very joyous mood this morning. His cheerful temper, joined with innocence, made him more attractive, and as the Sun brightens the day, his cheerfulness brightened the face of all around him. His soul that perpetually overflows with kindness and sympathy diffuses happiness, and his very presence communicates the divine spirit that he enshrines in his human body.

As soon as he came out, Swamiji's eyes fell upon a group of devotees from Ceylon who were waiting outside the Kutir to have his Darsan.

"OM Namo Naryanaya," greeted Swamiji with folded hands. To one of the devotees who was an engineer Swamiji asked,

"There is a great gulf between India and Ceylon, but we seem to have built a bridge between the two places. Many are coming to me from Ceylon. Now tell me, what is that bridge that will connect you with God?"

The engineer was struggling to find a suitable answer ; so Swamiji himself answered,

"It is the bridge of Immortality"

Thus within a few minutes after meeting his devotees, Swamiji imparted to them the most important Vedantic lesson in the most simple words.

MAY GOD BLESS YOU

A few youngsters, officers of the Indian

Police Service, came to the office to have Swamiji's blessings. As usual they were all offered free gift of valuable books. When they were taking leave of Swamiji, they requested him to bless them.

"May Lord bless you. You will all be happy. Do justice. Serve the poor. Remember you are administators of justice," advised Swamiji.

They all agreed to follow Swamiji's advice.

Thousands of men from all over the world request Swamiji to bless them. Swamiji always says "May Lord bless you." Swamiji considers his human body only as a vehicle to do the will of the Divine. All his actions and words are selfless. Every action of his proves that nothing exists and nothing belongs to him. He is the Immortal Self.

SELF-FORGETFUL SERVICE

Today the office was overcrowded with devotees of Swamiji.

"No place in the hall, is it not so? We should have a bigger hall," remarked Swamiji.

"It is better this way. Otherwise Swamiji will not leave the office till one O' clock," came the answer from Swami Satchidanandji, Swamiji's personal secretary.

It is true, if Swamiji finds that all people are comfortable and are enjoying his company, he will forget about his food, rest and his health. To please his devotees he will sarifice all his comforts. Sometimes his ever-devoted secretary has

to remind him several times that it is time to leave the office.

THE SUN CANNOT BE HINDDEN

Swamiji introduced Dr Janaki to us and said,
 "She is a very great person, but she does not want her name and position to be known. She is trying to put a big screen in front of the Sun so that light may not come."

Swamiji appreciated the humility of Dr Janaki and pointed out that true greatness will always be revealed without any effort on the person concerned. One who is really great is never proud and never struggles to proclaim his greatness.

THE SOLE DESIRE

Swamiji introduced Sri Tiwariji, a well reputed and successful Lawer to Dr Janaki and said,

"He has no attachment for his family, he does not want money. He is simple, cooks something himself and lives a detached life. He has conquered his tongue and mind, but taste for Law remains."

Swamiji appreciated the ardent, silent, calm life led by Sri Tiwariji, but at the same time pointed out that even the silghtest desire should not lurk in the mind of an aspirant, other than that for the realisation of the Absolute, ultimate goal.

PEPPER WATER AND WISDOM-NECTAR

A gentleman prostrated at Swamiji's feet and

regretted that he has to leave the Ashram as he had no leave. Swamiji consoled him with his loving invitation.

“ You can come again, you are always welcome,” and continued,

“ Kindly take your food here, there will be Mulaku Rasam (pepper water) Along with it you will get Jnana Bhakti Rasam also.”

With these few words Swamiji reminded the gentleman of the supreme fact of the Lord's Omnipresence. He is present in the taste of the rasam also, and one should not forget Him while enjoying himself in eating and drinking.

25th October, 1957

MARKS OF SAINTLINESS

Swamiji made his appearance today at 9 a.m. The quiet simplicity of his plain clothes of exquisite neatness, made his beauty shine with greater lustre.

Soon after Swamiji seated himself in the chair, a number of visitors rushed inside the Kutir to have Swamiji's Darshan. Swamiji requested them to sit on the chairs, but they preferred to sit on the floor near his sacred feet. Swamiji immediately requested Swami S. to spread a Dhari for them to sit. Next he made kind enquiries about their health, etc.

"Ohji, give them some tea and biscuits. They must be hungry," said Swamiji,

Coffee was served in cups without saucers. Noticing this Swamiji remarked,

"They will think we are junglees. You should bring cups with saucers."

"No Swamiji. This shows simplicity," pointed out Swami Satchidanandaji.

"We should give it in *cullar* (mud vessel). Then only it will show we are in an Ashram" added Swami Santanandaji.

"Then we should not have electricity, chairs, tables, harmonium etc" retorted Swamiji.

Swamiji does not approve of exaggerated external show of crude simplicity to proclaim the degree of saintliness. Internal purity and humility

should be practised. Wearing unclean clothes, and eating on leaf, etc., are not the marks of saintliness.

RISHIKESH IN HYDERABAD

Some of the devotees started describing the grandeur of Sri Kumudini Devi's house in Hyderabad.

"You should put a few small Kutirs in your compound, for Sannyasins and Sadhus to come and stay there. Then it will become Rishikesh," advised Swamiji.

"I will try Swamiji" replied the devoted Kumudini Devi.

"At least put up one Kutir now, to help the Sannyasins and Vedantins who come to you. Let them enjoy loneliness and silence there" again advised Swamiji.

Swamiji was trying to make us understand that real happiness is found only in silence, in deep meditation when one is able to commune with the Lord in loneliness. He also pointed out that the best way of spending money is by utilising it for serving the spiritual aspirants.

DOCTORS ! GO TO THE SICK !

Swamiji was engrossed in reading some typed matter in the office. Once when he lifted his eyes from the papers, it fell on a lady who was sitting nearby, wiping her eyes now and then.

"Have you come to see the Eye Doctor ? enquired Swamiji.

"No. I have come to have your Darshan" replied the lady.

"But you have got eye-trouble, is it not so?" asked Swamiji.

"Yes, my eye was operated five times and it has lost its sight. Nothing can be done now" replied the lady.

"See whether anything can be done to her eyes" requested Swamiji to the Eye Doctor.

Such is Swamiji's compassion for the sick and needy. In his younger days when Swamiji was enjoying good health, with a bag of necessary medicines, Swamiji used to walk miles, to attend to the needs of the sick Sadhus. He used to hunt out the sick people and treat them with all love and compassion. He expects his disciples also to develop his selfless service.

ALL-PERVADING EYE

Swamiji was signing letters. Suddenly his attention was focussed on Kumudini Devi.

"Have you taken coffee?" came the kind enquiry.

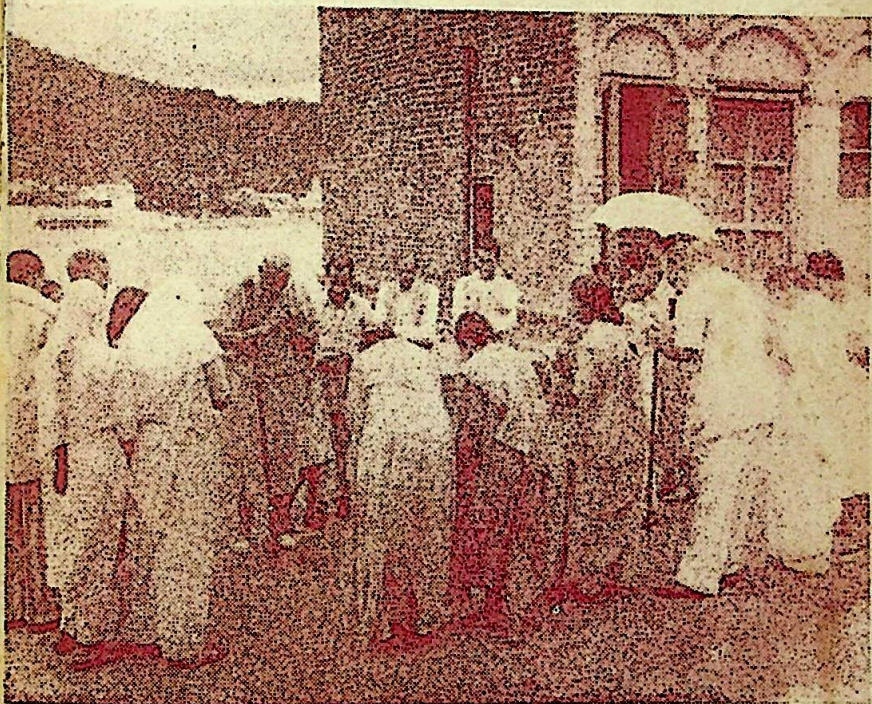
"No, Swamiji", came the answer.

"Why?" questioned Swamiji.

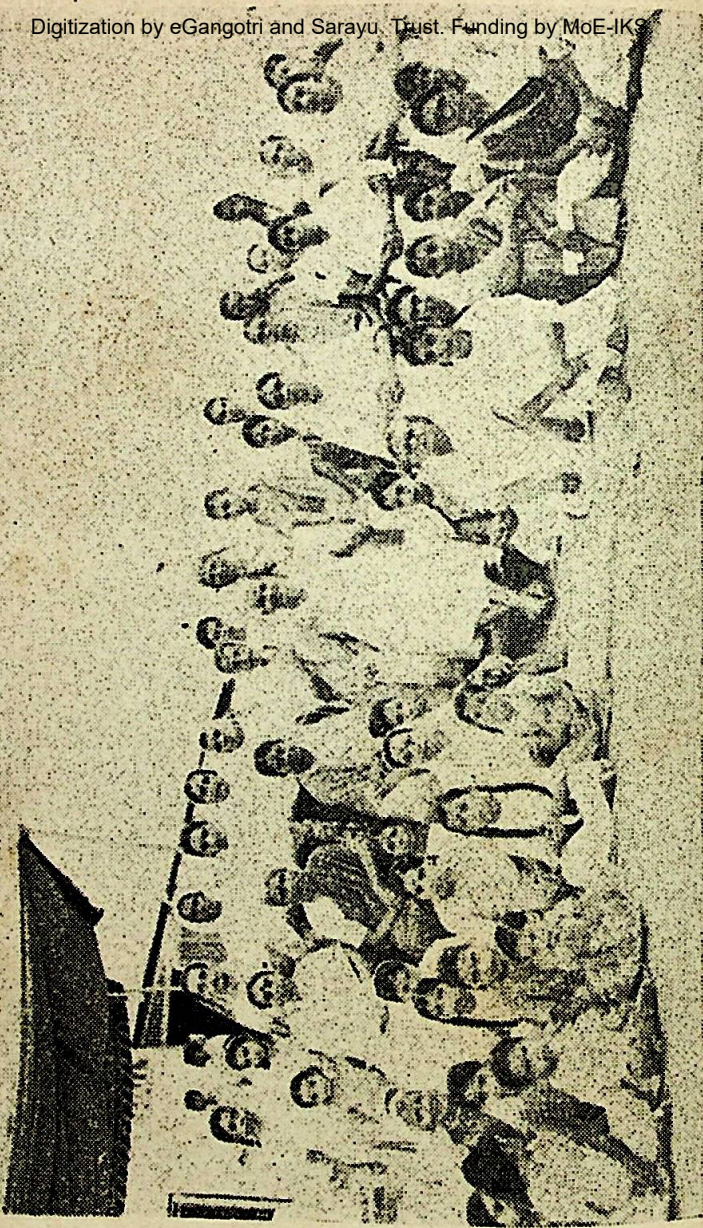
"She is sitting in a corner. So they did not notice her, replied Swami Satchidanandaji.

Swamiji's all-perceiving eyes cannot miss anything, and he will never neglect any of his devotees, in whichever remote corner of the world they may be.

A MOMENT OF HOLY THRILL



After spending a fruitful two-hour at the office Sri Swamiji takes leave of them, with folded palms, as he enters his Kutir



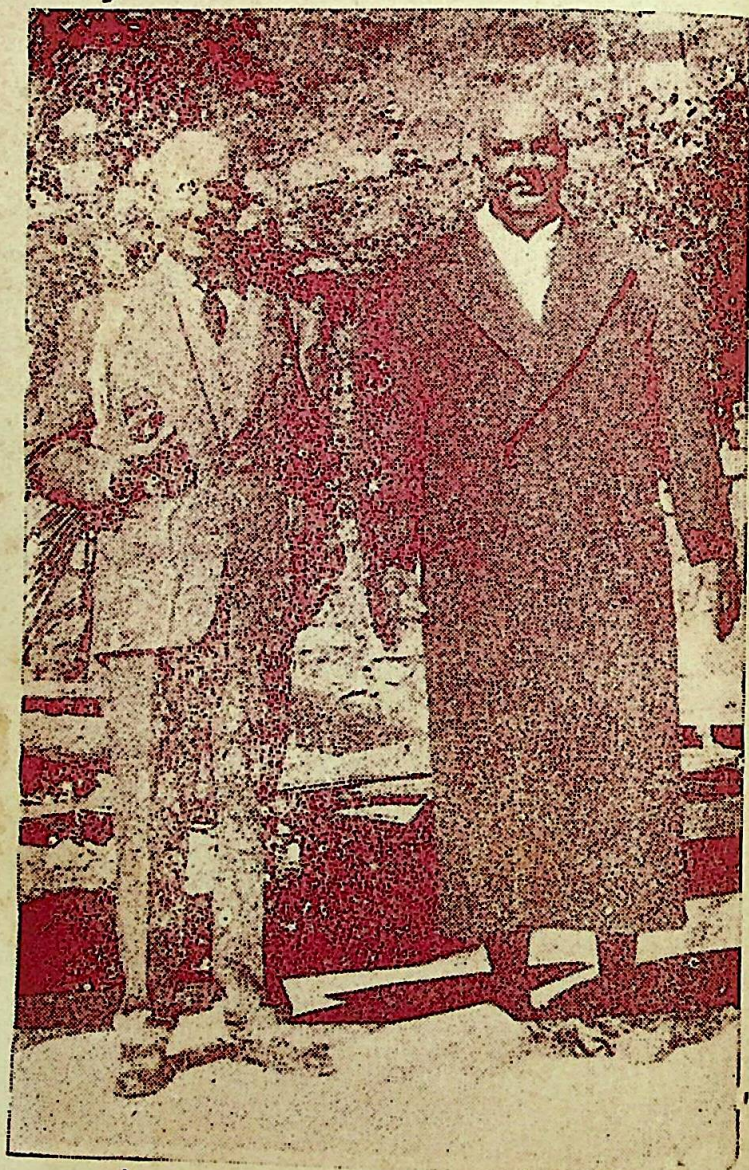
Sri Swamiji with a few lady-disciples, who attended a Birthday celebration

DISTINGUISHED VISITORS



Col. S. L. Rikhye and other high officials from Roorkee

DISTINGUISHED VISITORS



H.E. Mr. Fernando Donoso, the
Chilean Minister in Delhi

THE KING OF HOSPITALITY

Dr P. C. Roy, Deputy Chairman of Bengal Legislative Assembly, entered the office.

"Oh, Bring a chair" requested Swamiji.

There was some delay in bringing the chair. Swamiji repeated his request again.

"Because he is a Chairman, they think no chair is necessary" remarked witty Swami Satchidanandaji and made them all laugh.

Dr Roy : - "I have come with my whole family"

Swamiji : - "Yes, they must all see this place."

Next Swamiji introduced the Dr. to a Bengali gentleman. They started talking in Bengali and this made them feel at home. Swamiji also talked to him a few words in Bengali.

At that moment, a Bengali girl, a devotee of Swamiji entered the office. Swamiji requested her to sing a Bengali song, and remarked

"God sends the correct people at the correct time."

Dr. Roy and party enjoyed the Bengali music. With closed eyes they got absorbed in the spiritual atmosphere pervading in the office. Miss Banarjee was requested to sing one more song. When it was over Dr. Roy said,

"This song was personally sung by Sri Ramakrishna Paramahansa. It was his favourite song." Dr. Roy explained the meaning of the song. Soon after this Dr. Roy and party got up and wished Swamiji.

"This is a great moment of life. There is a divine atmosphere here, there is no doubt about that", expressed Dr Roy.

Swamiji garlanded him. He accepted it with humility and gratitude and acknowledged it as Swamiji's Asheervad.

Swamiji is a king of hospitality. No one can excel him in entertaining guests and devotees. The graceful and sincere outward expressions of his universal love, courtesy, consideration and politeness attract all human hearts and infuse into them a new delight that lingers in the heart for ever. He has the power to exercise an irresistible and beneficial influence on those who come in contact with him.

THE DIVINE MAGNET

Srimati Murali, the daughter of Sri Neelakantan, an ardent devotee of Swamiji, rushed into the office and prostrated at the holy feet of Swamiji. Overpowered with her devotion, and overwhelmed with the happiness of meeting her Guru, she found it impossible to check her tears. Her father was suffering from heart-trouble and was cured miraculously by Swamiji's grace. Taking it for granted that she had come to see her father, Swamiji consoled her,

"Your father is all right".

"I did not come to see him, I came to see Swamiji" explained Sri Murali.

With an inexpressible sweet power Swamiji

siezes the heart of his devotees and disciples, and arouses an earnest aspiration in them to come to his abode of bliss to learn to live the divine life.

WHAT MAKES THE WORLD ?

A party of musicians had come to see Swamiji. Swamiji requested them to sing in the office itself. They were talented musicians and the music was delightful. Swamiji remarked,

"Remove music and women from this world, and sugar from the coffee, then there will be no attraction or charm in this world. No one will stay in this world. Then they will have to come to Ananda Kutir. Here they can live happily without any of these things."

Swamiji meant that in this materialistic world, one seeks happiness in music, women, coffee etc, but if one comes to Ananda Kutir and learns to live the divine life, then he will realise that real happiness can be acquired only by the dawn of Brahma-Jnana.

BOUNDLESS GENEROSITY

Swamiji wanted to give medal to the musician. He requested his personal secretary Swami Sat-chidanandaji to give him Rs 15 for making a medal. The generous secretary gave Rs 20. Noticing this Swamiji suggested,

"Why not make it 30 ?"

The secretary promptly counted Rs 30. then Swamiji said, "Ohji, give money for three more

medals. Each one must have a medal. So money for three more medal was given.

This is Swamiji's characteristic trait. His generosity is boundless. He gives and gives and teaches others to give. Nothing gives him greater joy than giving.

26th October, 1957**NRITYA YOGA**

Swamiji reached the office at 9 a.m. this morning Swamiji was in a silent mood. After the morning prayers he remained with his eyes closed, with an inexpressible sweet calmness written on his countenance. In his silence he seemed to be speaking to us louder than with his tongue. A sense of deep peace and inner joy seemed to permeate into the inner core of every one present, and as if compelled by an irresistible and invisible power, most of us closed our eyes and enjoyed the bliss of holy communion.

Sri Chauhan a talented and famous dancer entered the office. He informed Swamiji that he will be leaving the Ashram that evening. He had thrilled us all with his delightful dance performance for the last two days, but for the benefit of some devotees of Swamiji who had arrived that morning, Swamiji requested him to give a short performance in the office itself. The great dancer who was used to big theaters and lighting arrangements was at a loss as to how he could manage to give a performance in that congested office. So he was rather hesitant. Noticing this Swamiji said.

"You must be able to show your talents at any time with or without a theatre, with or without background music. In an emergency one must be able to do things even at a pin point."

After this advice Swamiji ordered his disciples to remove the hindering objects from the office, and in five minutes the office was converted into a temporary theatre. Swamiji's enthusiasm acted like a divine stimulant on Sri Chauhan, and with all joy he started his performance. Watching the dance with child-like joy, Swamiji remarked.

"Now-a-days there is a revival of dance, music etc. It makes us forget the world and elevates our sentiments."

The dancer was gracefully dancing like a shy girl. Noticing this Swamiji teased the dancer's wife.

"Ohji, look at him, he is acting your part. He must have learnt it from you".

When the dance was over, Swamiji applauded Sri Chauhan with these words.

"Wonderful. It is more than Ph.D and D. Litt. You must stir the whole world. Use your dance as a medium for spreading spiritual lessons.

"Yes, Swamiji, with your grace I will do it. When I went to Sri Menon my friend before starting my tour, he told me that if I wanted to spread religious thoughts through my dance, I should go to Swamiji and get his grace. So I came here. Now I am at your feet. Everything depends upon your grace", prayed Sri Chauhan.

"Everything will be all right. May Lord bless you with success", blessed Swamiji.

Many of the talented musicians run to Swamiji before they go for any big performance, and they have always been successful in their ambition.

LAUGHING IS WEEPING

Swamiji heard the sound of laughter issuing from a corner of the office. He turned towards one of the devotees and asked him,

“Do you know how many muscles operate during weeping and how many operate during laughing?”

No one answered the question, so Swamiji enlightened us with his answer,

“Seventy-five muscles during weeping fifteen during laughing. So a great amount of energy is wasted in weeping.”

This is Swamiji's unique method of teaching. He does not waste time in giving long lectures. At the most opportune moment, he will pour forth a few words of wisdom which will stamp a lasting impression in our mind.

DOUBT NOT: FEAR NOT: WORRY NOT

A Bengali devotee requested Swamiji to give her Mantra-Deeksha, Swamiji gave the Japa-Maala and advised her,

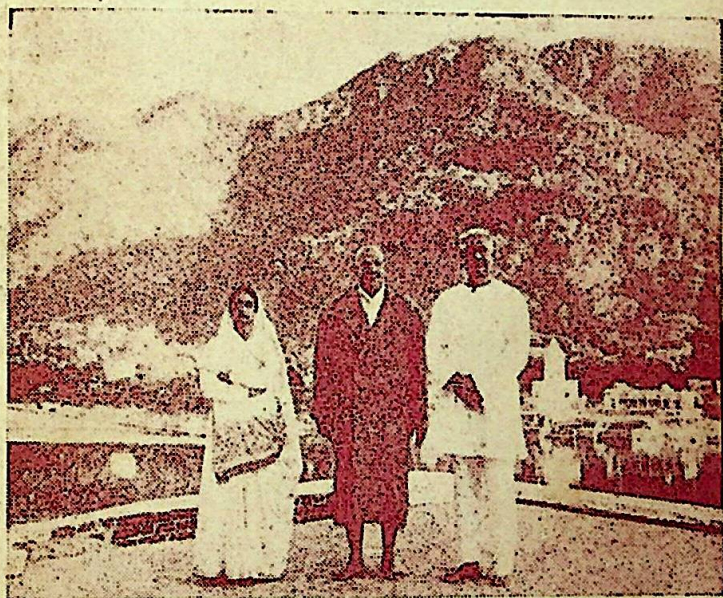
“Observe Pradosh Vrat. Take milk and fruits on that day. Observe Satya, Ahimsa and Brahmacharya.”

“Let me have your grace to do it” prayed the lady.

"Doubt not, fear not, worry not", blessed Swamiji.

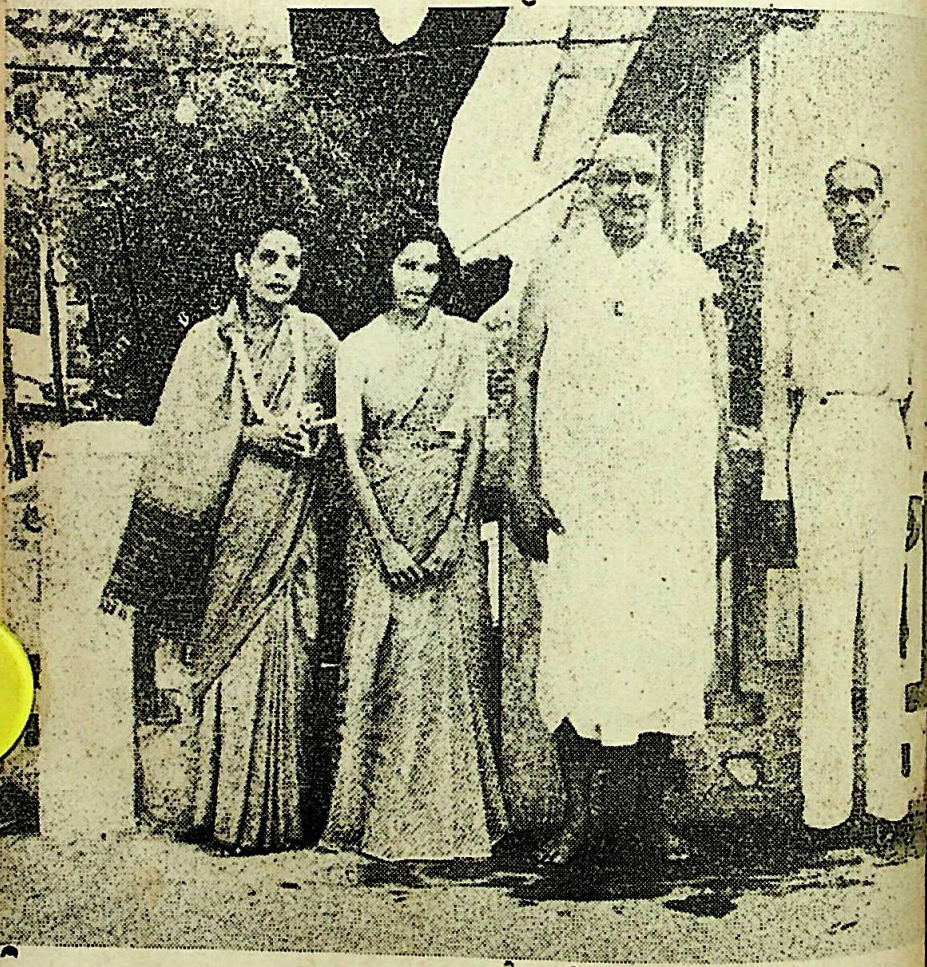
Once a person becomes Swamiji's disciple, through Swamiji the disciple always gets a flow of divine grace. Mysteriously a soothing calmness steals into the heart, fear is dispelled and there is a perpetual flow of happiness.

SOLDIER AND SAINT



Swamiji with Major-General Yadunath
Singhji and Srimati Yadunath Singhji

DISTINGUISHED VISITORS



Sri Mirchandani, Dr. Lakshmi Mirchandani and their daughter, with Sri Swamiji, at the Ashram

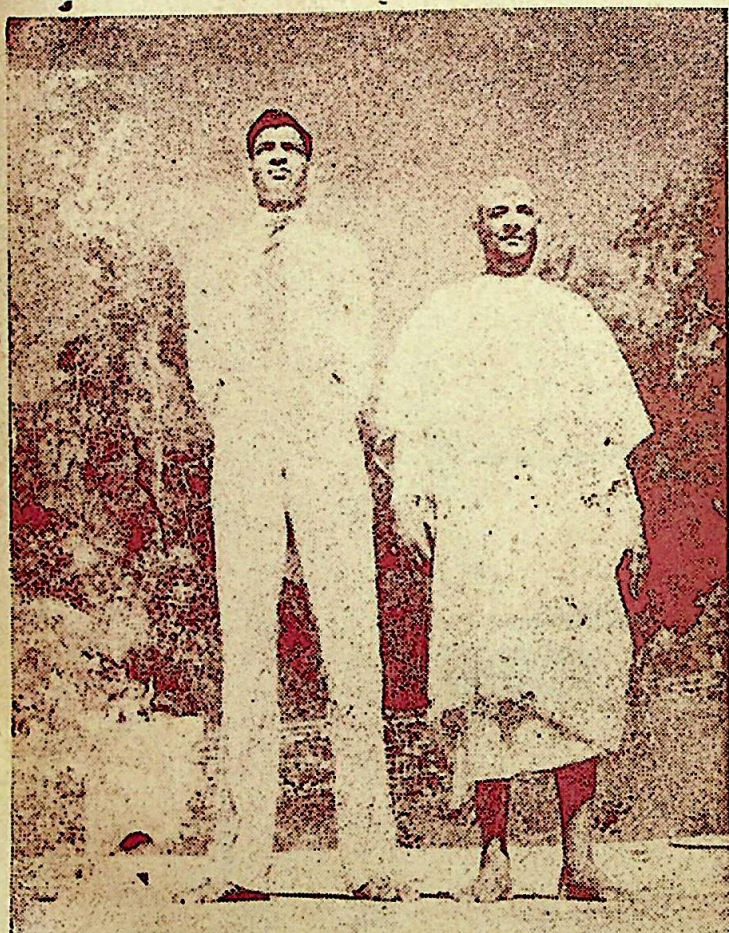
WITH A DWARF



At the Hari-ki-pauri in • Hardwar,

Swamiji gives a coin to a dwarf-beggar

TALLER STUDENT



Swamiji, with an I.A.S.
probationer, taller than himself

27th October, 1957

QUESTIONS AND ANSWERS

Today when Swamiji emerged from his Sanctum sanctorum his countenance had an ethereal magnetic charm. It made me feel that he was glowing with the transcendental light, and instinctively I felt that I was in the vicinity of God in human form. With the noble grace of a monarch, he occupied his usual chair.

As soon as the door of the Kutir was thrown open, a group of devotees rushed in to have his Darshan. One by one they all prostrated at his holy feet and received his blessings. One of them asked Swamiji,

“Swamiji, during Vedantic meditation, I come to a stage when I hear only the heart-sound. At that stage should I concentrate on the heart-beat or should I transcend it?”

Swamiji:—“Heart-beat is not consciousness. You must transcend it.”

To another devotee, Swamiji put the following question,

“You must always submit to the will of God and all your actions must be prompted by the will of God. But how will you know the will of God?”

No one was able to give a suitable answer. So Swamiji himself answered the question.

“Only a pure mind can know the will of God, a pure mind which is in communion with the Lord”

Swamiji was teaching that a worldly man whose mind is not pure should not do indiscriminate actions and console himself by saying that it is the will of God. One has to purify oneself by ceaseless meditation before one can know the will of God.

SIVA'S HEART

A medical student, disciple of Swamiji, brought his stethoscope for Swamiji's blessings. Swamiji took it in his divine hands and returned it to him with his blessings. Then he said,

"Come on, examine my heart"

While the student was examining his heart, Swamiji remarked,

"The heart is not there"

By this simple remark, Swamiji revealed to us the great truth, that his heart has become the Universal Heart, that he had attained Immortality.

ADVISER'S DILEMMA

A gentleman who was employed in the Ashram had decided to leave the Ashram, but Swamiji was not aware of this. He came to the office and requested Swamiji to give him a loan of a fairly big amount of money. Swamiji consulted his secretary,

"He wants money, should I give?"

Secretary:—"If Swamiji wants to give, it can be given"

“Swamiji:— If there is any loss, I will blame you”

Sec:—“Then it is better not to give. He is not likely to give it back. Last time he took a small amount, but has not returned”.

Swamiji:—“We have to be careful and yet we are not careful. This is Maya”

Swamiji is an embodiment of compassion. If a needy person seeks his help, Swamiji can never refuse him. He will sacrifice his own needs to help another. But Swamiji is very strict with those who try to cheat him.

SIVA LEELAS

A party of Gujaratees, great devotees of Swamiji, were eager to have food with Swamiji. The ever-considerate Swamiji agreed to their request. This morning they were invited for breakfast. Overjoyed at this rare blessing, they came in with their face beaming with gratitude.

After a little while, they requested Swamiji to offer them a little of his *jhula prasad*. Swamiji willingly gave it to them with the remark;

“What is there in this?”

The leader of the party replied in all excitement,

“You are trying to hide your identity from all of us, but you cannot hide it from our family. You came to our house and presented us with sandal. You spoke to my wife. You behave like an ordi-

nary man. These are all your Leelas. Please bless us to have devotion for you always."

The devotess were referring to the miracle they witnessed at home some time back. Swamiji while living in Rishikesh, miraculously appeared before these devotees who were living hundreds of miles away from this place. Swamiji's consciousness is all-pervading. He is present everywhere, but he is specially felt, seen and heard by those who have full faith in him, and who have tuned themselves with him. Although he has performed innumerable miracles for the benefit of humanity, yet he never acknowledges his supernatural power. His answer is always. "Lord does everything", but we who have experienced his power know that he himself is that Lord.

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5th February, 1958

LINOTYPE INSTALLED IN THE PRESS

The sky was cloudy and it was drizzling this morning. It seemed rather a gloomy day, but the moment "The Light Of Himalayas", our beloved Gurudev, the glorious Sun, the centre and soul of his disciples, the lamp that lights our heart, made his appearance, just as the fog disappears before the hot Sun, the gloominess of the whole atmosphere changed, and the magnetic joyous beams of his divine soul penetrated our hearts and filled it with happiness.

While going through the correspondence, he suddenly remembered the names of a few devotees to whom books have not been sent. He repeated the names and requested Swami Santanandaji to send the books.

"Have they sent money and fruits to Kailasahram?" came the next query.

"Yes Swamiji", replied Swami Satyajnanam.

To make sure that the things were really sent, Swamiji enquired again,

"Who took it to the Ashram?"

"Swami Chaitanyanandaji", came the answer. Swamiji was satisfied.

Swamiji's power of memory, and his capacity to attend to several items at the same time, are really stupendous. He will never accept an evasive answer. In the most tactful and imperceptible

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manner, he will extract the truth from the cleverest person.

When his work was over, before starting for the office, Swamiji asked,

"Today is the opening ceremony of the Linotype Machine. Have you arranged for the conveyance for me to go?"

"No Swamiji, since Swamiji did not give any definite instruction I did not make any arrangement for the conveyance" replied Swami Satyananam.

"Why? I am ever ready to go", said Swamiji.

"It is better not to go today. It is very cold and it is raining" suggested Swami Satchidanandaji.

Swamiji did not make any comment to this.

In the office soon after finishing the morning prayer, when Swamiji opened his eyes it fell upon Swami Dayanandaji, the press manager who was standing in the next room. Swamiji said :

"Oh Press Minister, come here. When am I expected to come to the press? Have you arranged for the conveyance?"

"Yes Swamiji, it is arranged. It will arrive at 11. 30" informed Swami Dayanandaji.

"Have you arranged for the *laddus*, enquired Swamiji.

Swami D. :- Everything is arranged Swamiji.

"What about the book? When will it be ready. Have you decided about the title?" was

the next question of Swamiji,

"The book will be ready in four days" informed Swami D.

When Swamiji has to attend to any work, he is never bothered about his health, rest, food or the weather, and he will not take heed of any negative persuasions. He is very particular about sweets being distributed after any auspicious function. Irrespective of any festivities, Swamiji is very strict about the routine work being executed without any delay. During the birthday celebrations of Swamiji, often he gets very little time for rest, but he will never miss any of his routine duties.

SIVANANDA ASYLUM

Two underfed men entered the office and prostrated at the feet of Swamiji.

"You have come to stay here, I think" observed Swamiji. The men nodded their heads in acquiescence.

"How much you have studied?" enquired Swamiji.

"I have studied up to fifth form, but my friend knows only Telugu" informed the helpless man.

"Before you left home did you fight with anyone" asked Swamiji.

"No, I could not secure a job, so I came here", lamented the man.

"All right, don't worry. I will give you some job to do," consoled Swamiji.

This unusual treatment of kindness and compassion, unlike what they had experienced in other institutions, brought a sigh of relief and a look of immense gratitude in those helpless souls.

Anyone is welcome in Swamiji's Ashram. Swamiji never probes into their past life, no credentials are required, and is never concerned about their caste or creed. To help them maintain their self-respect they are deputed to do some job or the other, and they are provided with food, shelter and clothing. By extending his universal love and boundless compassion to even the most undesirable personalities, Swamiji has succeeded in converting these unfortunate souls into the most enviable members of the society.

A BROAD - BASED INSTITUTION

Sri Sheppard, a pious and humble gentleman from London who is staying in the Ashram, was attending to some work in the next room. Swamiji called him and enquired.

"Have you received all the latest books?"

"Yes Swamiji", replied Sri Sheppard.

"All of them?" interrogated Swamiji once again.

"I have not received the book on *massage*" came the hesitant reply.

Immediately Swamiji ordered for a book and handed it over to him with the advice.

"Start a massage school"

Sri Sheppard : - "How many schools can I start Swamiji?"

Swamiji: - "In one school embody everything".

Sri Sheppard was refering to the advice given by Swamiji to him some time back, to start a Yoga school and a Sitar school in London.

Swamiji believes in the Yoga of synthesis. Sri Sheppard had learnt all Yoga Asans, he had learnt to play Sitar, and he showed his interest in learning massage. So Swamiji wanted him to utilise all his talents for the benefit of his brethren.

SWAMI VISHNUDEVANANDA

The mother of Swami Vishnudevananda, came to the office to have Swamiji's Darshan. Swami Vishnudevananda is the Hatha Yoga professor of the Yoga Vedanta Forest University, who has gone abroad to propagate the teachings of Swamiji and to teach Yoga Asanas to the people of foreign countries. In a very short time he has earned name and fame due to Swamiji's grace. He is at present in America. To his Mother Swamiji gave the happy news,

"Your son has become very famous. Wherever you go in America, you hear only Vishnu, Vishnu your son's name. Would you also like to go there?"

The lady's face brightened with happiness and gratitude.

Due to Swamiji's grace and training, many of his disciples have become world-famous. Swamiji feels very happy when his disciples are glorified. His face will soften with affection and

contentment when he hears about the success of his disciples.

UNFAILING ATTENTION

"Car is ready to go to the press," announced Swami Dayanandaji at 11. 30 a.m. Swamiji immediately conducted prayers and got up from his chair and invited everyone to accompany him to the press to take part in the opening ceremony of the Lino-machine. Everyone was excited to hear that Swamiji was going up to the press and were rushing out from the office to accompany Swamiji. Swamiji's omniscient eyes fell on the two men who had taken refuge in Swamiji. Swamiji had given permission for them to stay in the Ashram but no arrangements had yet been made. In that moment of confusion Swamiji's compassionate heart did not miss these insignificant souls. Before leaving the office he made necessary arrangements for their stay in the Ashram.

Major Berry who was standing near Swamiji, requested Swamiji that he should be given a Japa Maala by Swamiji with his blessings. Major Berry did not mean that he wanted it immediately, but Swamiji can never postpone serving his devotees, especially when it is something which will hasten their spiritual progress. So in spite of all people anxiously waiting to accompany him to the press, Swamiji waited till the Maala was brought and he had given it to the Major.

At the press Swamiji inspected the Lino machine, and listened to the mechanism of it, with

keen interest. He conducted prayers and then switched on the machine to work. He lavished praises on the Mechanic who fitted up the machine, garlanded him, and posed for the photos that were taken. He went round the machine with youthful enthusiasm and exclaimed,

"It is wonderful. It is working with human intelligence, like a living being. Who discovered it? He must be a Rishi who discovered it."

Swamiji then ordered that laddus should be distributed to all.

SAGE OF FIRM RESOLVES

Swamiji next went to inspect the Sivananda Marble pillar that is under construction. He sat on the step at the base of the pillar and invited one by one, his disciples to his side and had a number of photos taken. The photographer had exhausted the film he had brought with him and when Swamiji called Swami Krishnanandaji for photo he was informed the shortage of film. By then it had started raining, but that made no difference in Swamiji's decision to have the photo taken. He insisted that another film should be brought, and patiently waited till the necessary photos were taken.

Once Swamiji makes a decision, nothing can stand in the way of executing it. For satisfying his devotees and and disciples, he will pose for

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any number of photos at any time. Thousands have been influenced by his photographs throughout the world.

When Swami returned to his Kutir, it was 1.30, but there was no sign of fatigue on his beloved face.

6th February, 1958

SIVA'S CONUNDRUM

There was a change of weather this morning. The sun had painted the sky with a flash of crimson splendour. There was a strange music in the stirring wind. The rythmical ripples on the surface of the Sacred Ganges made her look more mysterious.

Swamiji's countenance had an expression of gravity when he came out this morning. His gravity was natural and simple, and the reflection of refineness and tenderness of his guileless soul added charm to his serene face.

A police constable saluted Swamiji as soon as he came out of his Kutir. There was a sudden change in the expression of Swamiji's face. With a child-like mischievous look and smile Swamiji informed the constable,

"There was a great theft in the Ganges last night"

The constable was taken aback by this news. Then Swamiji added,

"Yes, a large quantity of Ganges' water was stolen"

Everyone burst out in laughter at this unexpected remark of Swamiji.

Swamiji is gifted with a keen sense of humour. With time y jokes, Swamiji will lessen the load of a saddened heart, and infiltrate it with joy.

AN OPHTHALMOLOGIST'S AMBITION

Dr Fotadar, a famous Ophthalmologist, who had been abroad several times. and who is the Superintendent, of a big Hospital, paid his humble homage to Swamiji in the office. After a few minutes of conversation with Swamiji, the Doctor expressed,

"I am retiring after one year. I might then decide to come to your feet"

"You are welcome", replied Swamiji

"I pray that through your grace he must continue to keep up the moral value of life" requested the Doctor pointing towards his son who was sitting nearby.

Swamiji blessed the son who was an Electric Engineer and wanted to know his name. When he heard the name was Ashok Kumar, Swamiji congratulated him with,

"That means you are the son of Brahman".

Swamiji questioned him,

"When the electricity fails which light will function?"

"The light of our mind will work I think" came the prompt answer from the intelligent young man.

"When the light of mind fails which light will work", again questioned Swamiji.

The youngster found it difficult to answer this, so Swamiji enlightened him,

"The eternal unchanging light of the soul will shine then"

"After retirement you will settle in Jammu I think" suggested Swamiji to the Doctor.

"I have a house in Srinagar, but world has lost its attraction for me, so I will not stay there" replied the Doctor.

"You can come here now and then and meditate," invited Swamiji

"If you will accept such lowly people like me, I will come" agreed humble Dr Shyam Sundar Fotadar.

Swamiji's method of teaching Vedanta is very unique. According to the mental make-up, profession, and up-bringing, he will choose the appropriate method of teaching. He knows that dry Vedanta will not meet the approval of the modern generation.

It is something worth witnessing the mysterious way in which men of eminent position, big men of society, humble themselves before Swamiji. Many of them consider it a great honour to come and settle down in the Ashram.

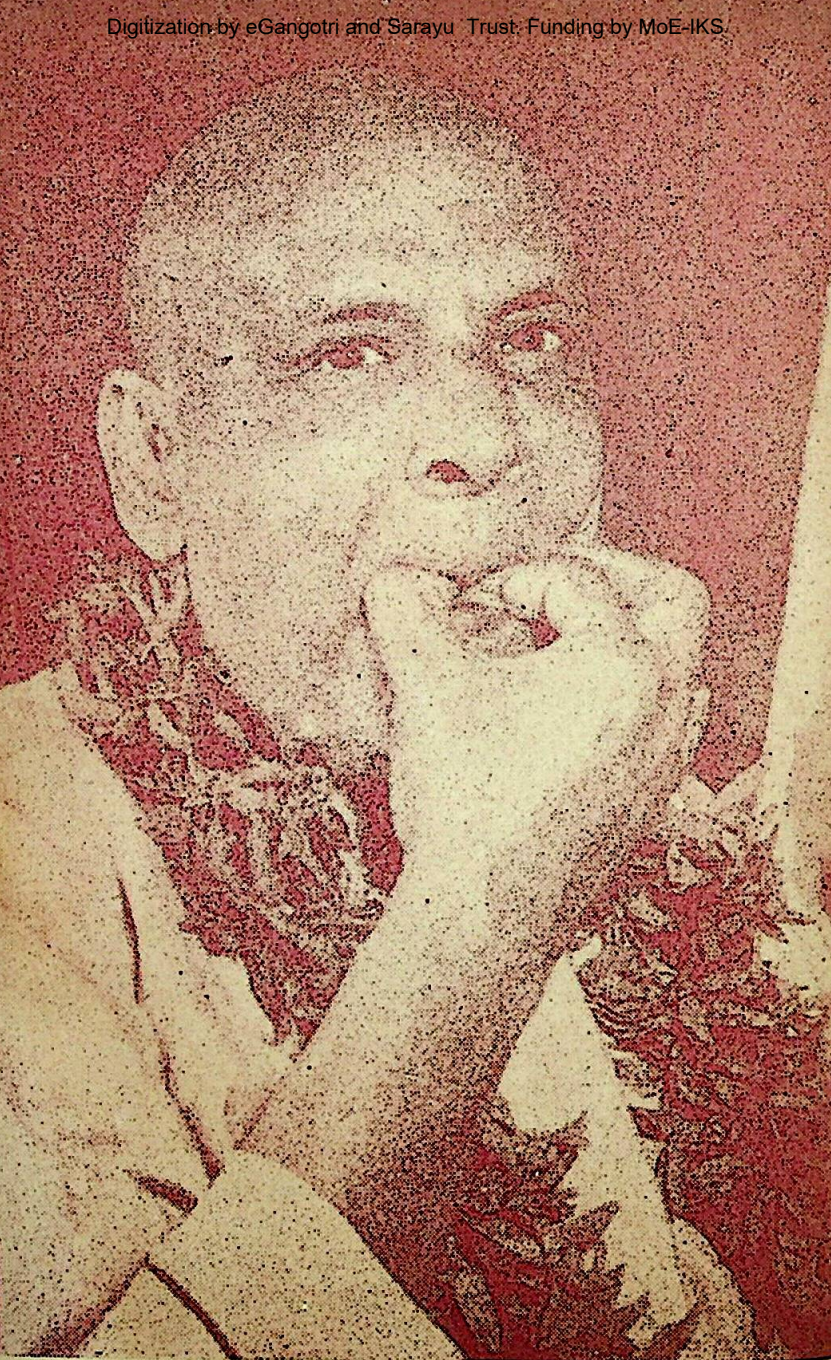
DISSEMINATION OF KNOWLEDGE : THE SUPREME MISSION OF SIVA

The "Beautifying officer". (this is Swamiji's nickname for the barber) was awaiting Swamiji's arrival in his Kutir. So, soon after reaching the Kutir Swamiji had to submit himself to this officer:

"FEAR NOT"



The Lord grants Abhayam to his devotees. (On the reverse) Swamiji playfully demonstrated how to whistle with the use of the fingers—he was and is an expert at it



This prevented Swamiji from his usual writing, which he does every day soon after returning from the office. When he finished his bath it was one P. M. Thinking Swamiji must be very tired and needs rest, Swami Satchidanandaji, Swamiji's personal secretary was hurrying up with the arrangements for serving him food. But Swamiji enquired,

"Food is ready ? Will there be time for me to write a little ?"

"No Swamiji, the food is ready" replied the Secretary whose heart pains to see his beloved Master over-working.

Swamiji is a voluminous writer. Writing is more important to him than his food and rest. Hardly a month passes without the publication of a number of books from the pen of Swamiji. Thousands in almost all parts of the world have derived enlightenment and learnt to live a new life of inner fullness.

7th February, 1958

PADA-PUJA—FOR *YOUR* WELFARE

When Swamiji was getting ready to come out this morning, He was informed that Swami Chidanandaji, the General Secretary of the Ashram was waiting to wash his feet and collect the Holy water, to be sent to a devotee who earnestly desired to have this Prasad. Although it was very cold, and Swamiji frequently suffers from rheumatic pains, yet Swamiji came out without wearing his stockings to enable his secretary to collect the holy water from his feet.

Soon after Swamiji occupied his seat, Swami Chidanandaji prostrated at Swamiji's feet, and with all reverence and devotion, washed his feet and worshipped them with Tulasi leaves. Swamiji sat with his eyes closed, in perfect communion with the Absolute, an indescribable 'transcendental glory illumining his face. Watching him, I felt that he was not conscious of what was being done to his feet.

The sacredness of Swamiji's feet is indescribable. From almost every corner of the Globe, men and women of all status and culture, come here with affectionate yearnings, just to touch his sacred feet and get his blessings. Those who have taken refuge at his feet have always realised their heart's desire, whatever it may be. Swamiji never refuses anyone to touch his feet and often he patiently suffers when some of the devotees almost crush his feet with devotional emotion.

BONDAGE AND LIBERATION

Just before he entered the main gate of the Ashram a Cashmere couple offered their Pranams to Swamiji and expressed their desire to have a photo taken with Swamiji. Pointing towards the lady who was standing near him, the Cashmere gentleman said.

"This is my wife".

"Is she your wife or Maya" asked Swamiji.

"Maya, Swamiji" agreed the gentleman.

If you say "My wife", then it becomes bondage advised Swamiji. Thus Swamiji taught the couple the necessity of crushing the feelings of "I and Mine", to attain liberation.

EGO-DECTOMY

In the office after the morning prayer was over, the Cashmere youth approached Swamiji and sought his advice,

"Swamiji, kindly tell me how I can control anger?"

"Do one crore of Japa, you will get over it" advised Swamiji.

"In one day Swamiji?" exclaimed the young man, astounded.

"No, do as much as you can every day, but do total Japa of one crore" explained Swamiji.

With a sigh of relief, the youngster sat down, but after a few minutes he got up again and requested Swamiji,

"Swamiji, I am a teacher. Kindly give me some books. I want to spread your teachings to the students."

"I gave you some books yesterday" reminded Swamiji.

"Yes Swamiji, you gave me few books" affirmed the man.

"That is quite sufficient" suggested Swamiji.

"Kindly give me a few more books, either Hindi or English. I know four languages," boasted the gentleman.

"Do you know French, and do you know Tamil?" teased Swamiji and curbed his pride, by making him give a negative reply.

"Now tell me, what all books you want, I will give you," volunteered Swamiji and offered him a number of books.

The teacher was highly pleased and burst out,

"I am very much impressed with you and your teachings. I will try to finance your society. You see, I am a head-master."

Swamiji interrupted him and humbled him with the remark,

"Oh, you are a head-master? Should I stand up?"

Swamiji again offered him another book:

"You have given this book to my wife," said he and then corrected himself remembering what Swamiji taught him earlier in the morning,

"Sorry, You have given this book to God's Maya."

Everyone enjoyed this joke.

"Before starting the class and closing the class, make your students repeat Ram Nam," advised Swamiji.

This is Swamiji's novel way of crushing the ego in a person. Tactfully, humorously, but at the same time effectively, Swamiji will imperceptibly destroy the ego in a person without hurting him.

TEN PER CENT FOR CHARITY

Two well-dressed gentlemen got up from their seats and demanded from Swamiji, books, calendars etc. Next they requested for his autograph. Swamiji complied with their demands. They accepted every thing and took his leave to go away. Then Swamiji advised them,

"Kindly spend one-tenth of your income in chaity."

One of them lamented,

"Swamiji, I get only a poor salary of Rs 300"

"It does not matter, you can easily give Rs ten in charity," suggested Swamiji.

Many rich people come to Swamiji, and many of them readily accept and often demand many free gifts of valuable books, etc, from Swamiji, but it never occurs to them that it is an institution run by public donation for the benefit of the

humanity, and that they also must offer their share to help the institution. Swamiji's generous heart can never refuse anything to anyone.

SIGNIFICANT INVITATION.

A party of well-dressed gentlemen came in to have Swamiji's Darshan. Swamiji enquired whether they were Doctors.

"No we are businessmen. We are in the Dunlop company" informed the party.

"Do business with God, that is the best business" advised Swamiji.

When they got up to leave the office, Swamiji invited them,

"Have your food here."

When they regretted that they had to leave immediately, Swamiji suggested,

"Come and stay here for a few days next time."

They agreed to this with great joy.

"Yes, come when you are not busy, when you can do at least 2000 Gayatri Japa per day" requested Swamiji.

"We will try" came the half-hearted reply.

"Do not stop coming because of the Japa suggested" requested Swamiji.

Swamiji was advising the men that they should not spend their life in distracting activities of the world. Occasionally at least, they must learn to withdraw themselves from the bustle of

life and learn to commune with the Lord and thus attain wisdom and lasting happiness.

CARE OF THE ASPIRANTS

To one of the Ashramites, Swamiji questioned, "Have you got books to read. Are you reading?"

The aspirant replied that he was reading.

"Then give lectures everyday" suggested Swamiji.

"Give me the subject to speak" requested the youngster.

Knowing that he had no intention of giving lectures, Swamiji replied,

"Lecture on how to eat well"

Next Swamiji asked,

"When will you run away from this place?"

The aspirant replied that he had no intention of leaving the Ashram.

Swamiji gives shelter to any aspirant who comes to his Ashram. Every afflicted heart is offered consolation, every earnest seeker is given guidance, and every hidden talent is brought out by the masterful handling of the individual minds. Every aspirant is provided with room, food, clothing, books to read and facilities to meditate and lecture. A few of them, in spite of all the comforts and opportunities given to them to evolve spiritually, run away from the Ashram, unable to withstand the worldly temptations. After a few knocks and blows in the world, many of them

again seek Swamiji's feet, and Swamiji always welcomes them with love and kindness and gives them another opportunity to evolve.

THE BLESSED FLOWER OF DEVOTION



After Pada Puja, a devotee's flower is delicately poised on Swamiji's shagun head

THE LION BENEATH THE LION



The Lion of Vedanta standing beneath the lion
on the bank of the Ganges-canal near Roorkee

8th Febrnary, 1958

SWAMIJI'S OWN FREE DEPARTMENT

A big batch of devotees from Madras was anxiously awaiting Swamiji's arrival in front of the office. Swamiji exchanged a few words with the leader of the party Sri Chettiar and entered the office. Soon after Swamiji took his seat, the devotees arranged themselves into a queue and one by one came near Swamiji to get his blessings. As per Swamiji's directions each one was offered a book, to Andhras, Telugu books and to the Tamilians, Tamil books. It was an inspiring sight and an eye-opener, to witness the selfless spirit in which valuable books were offered to so many people, free of cost.

With breathless earnestness and boundless love, Swamiji has devoted his whole life in the service of humanity. Through his books he had transformed many wordly men into spiritual luminaries. To aid men to attain spiritual progress and inner evolution, Swamiji distributes books worth thousands of rupees every month free of cost.

INCOMPARABLE CONSIDERATENESS

A young man who had been staying in the Ashram for the last four months came in to take leave of Swamiji, as he had to leave the Ashram today. He requested Swamiji to issue a certificate to him for proficiency in Yogasanas. Swamiji rebuked him,

"You were here for four months. If you

wanted a certificate why did you not demonstrate the Asans to me all these days?"

The man felt sorry for his mistake and his face clouded with disappointment. Immediately Swamiji's compassionate heart melted. He suggested,

"Come on, do a few Asans here, now, in the office"

The youngster's face brightened with relief and joy. He demonstrated the Asans and received the certificate.

With a thorough and spontaneous understanding of the human mind and its weakness, Swamiji showers his divine beneficence on all. Without any effort or artificiality, he forgives and forgets any mistakes committed by his devotees.

THOUGHT-READING

A gentleman with a camera hanging on his shoulders, came and talked to Swamiji for a few minutes. When he was about to leave the office Swamiji requested him,

"Kindly take a photo of mine"

With happy excitement, the gentleman confided,

"I wanted to request you to pose for a photo, but I was feeling nervous to ask."

Swamiji can with ease probe into the innermost recess of the heart of any human being and find out his thoughts. It is an every-day occur-

rence, Swamiji fulfilling the unspoken desires of his devotees.

To a thoroughly worldly-minded man who came to have Swamiji's Darshan, Swamiji gave the following advice.

"Repeat Sri Ram, Sri Ram, you will get plenty of money."

To make a man repeat the Lord's Name, Swamiji adopts at times strange methods. To certain people he will assure worldly success to tempt them to repeat the Lord's name. By different methods, Swamiji will at first persuade a person to do Japa, and as an end-result of this dispassion and spiritual aspiration will dawn in the worldly man without any undue effort.

A parcel of books had arrived last evening.

"Have you opened the parcel?", enquired Swamiji to Swami Satyajnanam.

"No Swamiji, it arrived only last night", pleaded Swami S.

"Then you could have easily opened it before midnight", mildly reproached Swamiji.

Immediately the D.I.N. (do it now) policy of Swamiji flashed into Swami Satyajnanam's brain.

"I will open it just now Swamiji" said he, and ran out to open the case of books.

Swamiji cannot tolerate procrastination.

Two Europeans approached Swamiji and sought permission to have Swamiji's photo taken. Swamiji readily complied to their request and

came out of the office. Swamiji gave a searching look to find out whether Sri Purushottamji, the photographer was there. He was not to be seen so he called out his name. Soon the photographer appeared before Swamiji. Swamiji pretended to warn him.

“You just escaped. I was getting terribly angry thinking you were not here. You must always be here at this time”.

Knowing fully well that Swamiji can never get angry even if we provoke him to the utmost Sri Purushottamji bowed to Swmiji with a smile of devotion and understanding.

Soon a series of photos were taken in different poses. Swamiji called the European boy to his side and said,

“Come on, let us shake hands and have a photo taken in that pose”.

The boy felt very happy at this unexpected gesture of friendliness and familiarity of Swamiji.

In the art of pleasing others, Swamiji is a master psychologist. Among the Europeans he will act like a European, in the company of children he will become a child ; in short he is perfectly at home in the company of every one and he will make every one feel at home in his presence.

10th February, 1958

THE UNIVERSAL MOTHER

Swamiji came out this morning softly singing a song. His sweet celestial voice had an inexplicable magical power to elicit in us a profound religious emotion of devotion.

An elderly Lady who is an old devotee of Swamiji, advanced towards Swamiji, her face beaming with happiness.

"Ayiyeji," greeted Swamiji

The lady prostrated before Swamiji and informed him that her daughter's marriage was fixed and requested Swamiji to allot her a building for conducting the marriage. Swamiji deputed Swami Venkatesanandaji to make the necessary arrangements, and then questioned her,

"How did you catch Vasudev" (Vasudev is the bridegroom's name)

"By your grace Swamiji" replied the lady

"Does Madhuri like him?" (Madhuri is her daughter's name) enquired Swamiji.

"She always listens to me," came the replv.

"I will give him a bigger salary" assured Swamiji.

The lady's face brightened with gratitude and happiness. Then Swamiji suggested to her that she should prepare *sambar* and *rasam* for the marriage party and made kind enquiries regarding her financial condition and about her relations who will attend to the marriage function.

Like a child running to its mother for help, with full confidence and love, Swamiji's devotees run to him with all their problems in life. Swamiji readily serves them in whatever way he can.

AFFECTION WITHOUT AFFECTATION

Two cement benches have been constructed in front of the Eye Hospital for the convenience of the patients. On his way to the office Swamiji seated himself on one of the benches, and immediately Sri Purushottamji the photographer came forward to take Swamiji's photo. Swamiji remarked:

"You are looking very nice after the shave. Would you like to have a safety razor?"

Sri Purushottamji was silent, Swamiji took this as his sign of consent and requested his secretary,

"Oh, give him five rupees" and then enquired,

"I hope you will get a good one for rupees five," after a second he added,

"Why not make it ten rupees? Ohji, give him ten rupees" ordered Swamiji to the secretary, and the order was instantaneously obeyed.

This great Sage of spiritual greatness is a friend of every man. His affectionate familiarity with his disciples has made him their beloved Guru. There is no affectation in his simplicity. Through his boundless love, Swamiji works his way into the hearts of his disciples, and makes them work with renewed energy.

AMAZING MEMORY OR ALL-KNOWING MIND?

Swami Chitanyanandaji approached Swamiji to get his signature for some letters. Swamiji praised him,

“I said a few words yesterday and you have made a big article out of it. It is very nice. I think you can make oil out of sand. I will bring it in a book-form. You are a wonderful chronicler”

Swami Chitanyanandaji's face lighted up with a happy smile. Next moment Swamiji reminded him,

“But you omitted one important thing. Now you tell me what it is?” and waited for his answer. Swami Chitanyanandaji tried his best but could not remember what it was, so he admitted his defeat. Swamiji enlightened him,

“You forgot about Madhava Thirtha, I talked something about him”

“Yes, Yes,” exclaimed Swami C. wondering at the stupendous memory of Swamiji.

Swamiji's memory is awe-inspiring and marvellous. With amazing ease and accuracy he can recall incidents, words and faces.

WHO IS THE MASTER?

Swami Krishnanandaji handed over to Swamiji a cover containing two hundred rupees notes, and informed Swamiji that Swami Nirmalanandaji had sent it.

"For whom is this?" enquired Swamiji

"He has sent word that it should be given to Swamiji, so I am giving it to you," replied Swami Krishnanandaji.

"Should I keep this or do you want it?" asked Swamiji

"Just as Swamiji likes" replied Swami K.

"Allright, let us keep half and half", suggested Swamiji,

At this stage the secretary Satchidananda Swamiji interrupted and said,

"The whole amount can be given to him Swamiji"

As if obeying the secretary, Swamiji handed over the money to Swami Krishnanandaji.

Swamiji is a master, servant and friend to his disciples. To keep them in good humour, to make them feel homely, and to instil happiness into their hearts, Swamiji will often employ ingenious methods, which may appear very trifling in their nature, but which are most effective in their results.

UNRELENTING VIGILANCE

Swami R. entered the office with a happy smile.

"What is the good news", enquired Swamiji.

"Nothing Swamiji" replied Swami R.

"Then why this smile", teased Swamiji

"Auditor is coming, Swamiji", informed Swami R.

"That is good news indeed", reflected Swamiji

"I am going today to Delhi to bring the audit books", repeated Swami R.

"Be careful. Travel during the day. Travel by bus", advised Swamiji

"Yes, Swamiji", replied Swami R, in an absent-minded manner.

"What did I say?", demanded Swamiji

"To be careful", answered Swami R.

"No, that is not what I said", rebuked Swamiji

"To travel during day time", repeated Swami R.

"Not only that", corrected Swamiji

"To travel by bus", added Swami R.

"That is it", approved Swamiji

Swamiji is very careful in handling manuscripts, books etc. Swamiji will never entrust a packet of books to be handed over to his disciples, to anyone even if the person concerned volunteers to take it with him. He must send it by post. One may forget it in the train, or forget to hand it over to the correct person. When he gives a letter to be posted, after the address is written, it must be shown to Swamiji. Daily, Swamiji himself checks the address on every parcel that is to be despatched.

A MODERN ENGLISH SCHOLAR

To Swami Krishnananda, who usually escorts Swamiji to the Kutir, Swamiji advised,

"Ohji, learn English, it is very easy. Just say, 'two men going Madras, tiffin ready Mayavaram,'

then you become an English scholar. Or say, 'This pointsman going that way, that pointsman going this way, I-ey ringing the bell.' This is what a Tamilian Station master told his boss when he was taken into task for delay in carrying out his duties." Everyone in the office had a hearty laugh.

Swamiji then recited a poem,

"He is a gentleman of great rank with no money in the bank.

Into that miserable tank, he unfortunately sank."

Swamiji is ever joyful and he distributes joy to all who come to him. With equal delight he will enjoy a joke and impart a joke. Possessed of a heart filled with universal love, he radiates joy to one and all without any discrimination.

.. NOTHING IS LOST

After the concluding prayers Swamiji sat in the office talking to people for about half an hour. While getting up to leave the office, Swamiji remarked, that he had wasted half an hour unnecessarily. I replied that by prolonging his stay, Swamiji has given me some matter for writing. Just before that I was yawning, and Swamiji had remarked,

"What is this? Yawning at 11 A.M."

So Swamiji questioned me, "Did you include what I remarked about your yawning?". This remark brought forth another bout of laughter from his devotees. Thus he gave us another dose of joy before he left the office.

12th February, 1958

THE MAGNET OF LOVE

It was a very cold morning, but it made no difference to Swamiji. At the usual hour, Swamiji was at his writing table absorbed in writing. Neither the biting cold of the winter nor the burning heat of the summer can deter Swamiji from writing. To Swamiji, writing bestows the greatest joy and rest. He can enjoy his breakfast only after he has finished the quota of writing he has assigned for the morning.

After the usual discussion regarding the printing of books etc with his beloved private secretary Swami Venkatesananda, Swamiji got up to proceed to the office. Accidentally his eyes fell upon the special chair presented to him by Swami Venkatesanandaji.

"I have not sat on that chair for a long time, let me enjoy it for a little while", expressed Swamiji and seated himself on the chair.

Affectionately passing hands over the chair, Swamiji appreciated it.

"It is a wonderful chair, it is very comfortable", soliloquised Swamiji.

In the most simple and unassuming manner, Swamiji possesses the greatest knack of saying the most appealing words. This rare quality of Swamiji adds magnetic charm to his divine personality.

THE DIVINE FAMILY

Krishnananda Swami, Swamiji's escort came forward to help Swamiji to get up from the chair. Turning towards him with an affectionate look, Swamiji remarked,

"Krishna, he is a good boy, He must have been one of my sons in my previous birth. Otherwise why should he serve me like this?"

Swami Krishnananda's face brightened with a happy smile.

Swamiji is an embodiment of love and kindness. He is a father to his devoted disciples. With his divine grace, he will instil everlasting devotion in his disciple's heart.

14th February, 1958

UNDER-SECRETARY Vs. ATMA-SAMRAT

Today soon after Swamiji reached the office, a great devotee of Swamiji, an Under Secretary in the Central Government of India came in to have Swamiji's Darshan. After prostrating at the holy feet of Swamiji, he took his seat on the bench near Swamiji. The Secretary was contemplating on some serious problem, hence he was rather silent and serious.

Swamiji who is ever striving to make others happy, did not like to see the pensive expression on his disciple's face. Swamiji took recourse to his ready humour.

"The Under Secretaries, they don't laugh, I think. They have to keep up their dignity" remarked Swamiji and made the Secretary laugh.

"The Under Secretary is afraid of the deputy Secretary. The Deputy Secretary is afraid of the joint Secretary. The Joint Secretary is afraid of the Chief Secretary. Where is the glory in this? Become fearless by taking Sannyas and live happily in our Ashram", continued Swamiji.

Thus taking care not to disconcert the person concerned, Swamiji knows how to impart pleasure and humour with his lessons.

WHICH FIRST? BHAJAN OR BHOJAN?

Swamiji next asked another devotee to sing a Bhajan, but immediately stopped him since he was about to drink the cup of coffee offered to him,

"What should it be? Bhajan and then Bhojan, or Bhojan and then Bhajan? I say Bhojan and then Bhajan; then the mind will not keep on thinking of food," instructed Swamiji.

Swamiji meant that unless we are able to eliminate inner hankerings and overcome subtle desires, we cannot concentrate on God.

BASIC PRINCIPLE OF KARMA YOGA

A disciple of Swamiji was distributing cups of coffee to the devotees assembled in the office. His Long shawl was falling down every time he bent and he was wasting time in rearranging it each time. Noticing this, Swamiji ordered,

"Please take off your upper cloth. It is a hindrance to Karmayoga."

There is a lesson in everything Swamiji speaks. According to Swamiji half-hearted service is no service at all. One should forget all about his personal appearance and status in life and put the whole heart, mind and soul while engaged in selfless service.

ADVICE TO YOUTH

Sri X had been staying in the Ashram for the last one month. Every night at the Satsang he was regularly giving invaluable lectures. Today his son came to keep him company. To the son Swamiji gave the following advice,

"Your father is delivering beautiful lectures at the night Satsang. You must also become reli-

gious. You must try to be 20% social and 80% religious."

PROGRAMME OF LIFE

To a Doctor who had come with his family to have Swamiji's Darshan Swamiji advised,

"Become our Doctor without pay. Do Japa, Dhyana and get into Samadhi. Your children can carry on the work there".

Swamiji is ever advising the worldly men not to waste their whole life in quest of the so-called success. After a certain stage, one should withdraw himself from the distracting activities of the world, do selfless service and try to lead a religious life.

"I HAVE MANY MOUTHS"

A devotee had brought a basketful of fruits. Without keeping a single one of them for himself Swamiji started joyfully distributing them to his devotees. As there were a great number of people, the fruits were not sufficient for distribution.

Swamiji requested the donor of the fruits,

"Ohji, next time you come take the census of the Ashram and bring an adequate quantity of fruits".

Swamiji wants his devotees to develop genuine generosity.

ADHERE TO THIS SADHANA

To a restless lady who had visited several Ashrams and who was complaining of the unsatis-

factory conditions of the Ashrams Swamiji gave the following advice.

"Kindly stick to one work, one place, one Mantra, one Guru and one method of Yoga. Then only you will find peace."

"I am working, so I am not able to devote much time for Sadhana", complained the lady.

"Do your Sadhana early in the morning, then repeat Ram Nam while you walk about and while you are working. This is quite sufficient" instructed Swamiji.

BARREN WOMAN'S PROGENY

To a student who was sitting near Swamiji, he asked,

"Barren woman, barren woman's son, barren woman's grand son, how many are they ?

"One" replied the intelligent student.

"Brahman, Maya, world, how many are there?" was the next question.

The youngster could not answer this question.

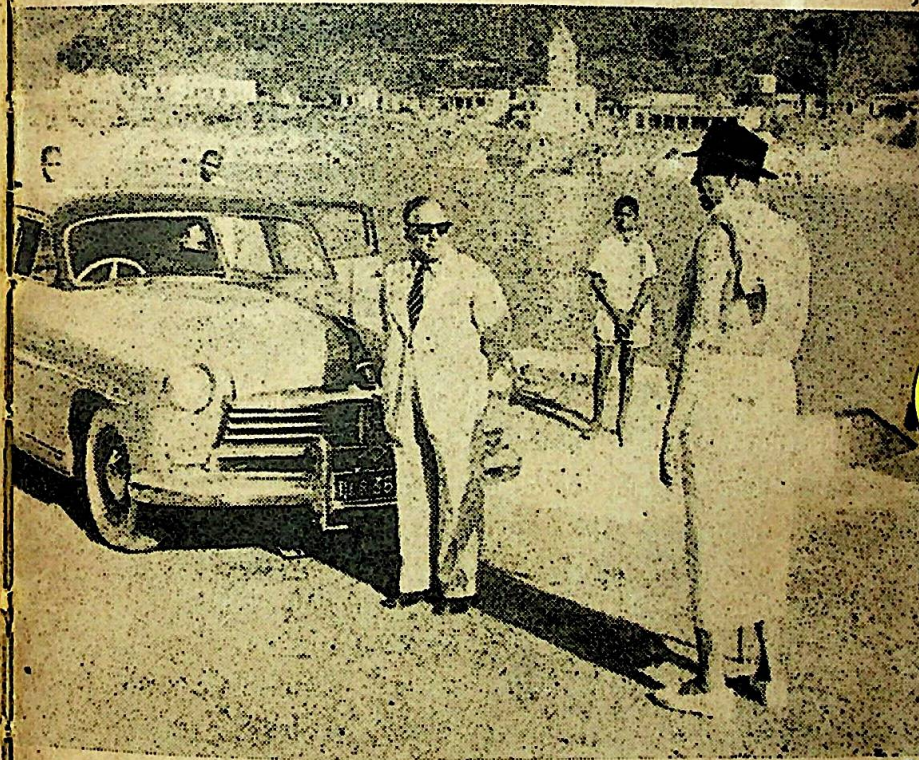
Swamiji answered, "One only, only Brahman"

Manifold are the methods Swamiji adopts for teaching Vedanta to the worldly-minded people. In accordance with the nature of a man's mental make-up, Swamiji will choose the appropriate method.

THE LORD OF VAIKUNTHA

To a small girl, the daughter of Swamiji's devotee, Swamiji said ;

SIVA TRIES A HAT



Ever ready to identify himself with all, Swamiji took General Sharma's hat and let it adorn his majestic head for a minute

THE PROPHET OF UNITY



Swamiji shakes hands with General A.N. Sharma

My God Sivananda

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“Kindly thrill these people with your beautiful song”

The intelligent and small girl got up immediately and sang Swamiji's favourite song, the song of instructions which is familiar to all the devotees of Swamiji,

When she had finished Swamiji praised her,

“First class. This one song is enough, for spiritual uplift, moral uplift, social uplift and Self-realisation. It contains the essence of Upanishads, Bible and Gita.”

Then affectionately looking at the girl Swamiji said,

“I wonder what will be her future when she grows up. In the end she will go to Vaikuntha and I will be there to receive her”.

By the above sacred words Swamiji was giving us all the assurance that those who practise his teachings with unswerving faith and earnestness will surely attain Immortality. Indirectly he also made us understand that he was Lord Himself in human form.

15th February, 1958

SIVANANDA: THE MASTER-PSYCHOLOGIST

This morning we had Swamiji's Darshan at 10 A.M. The door of his room opened and his majestic figure slowly advanced towards us with God's grace, beauty and power radiating from his entire personality,

With his usual endearing smile he accepted our humble prostrations.

Swami Venkatesanandaji informed Swamiji that Sri Vasudeva, the Lino Operator, who is to be married shortly, was waiting to see Swamiji to get permission to get a loan of Rs. 300 towards his marriage, to make a suit, buy a watch etc. Soon after this Sri Vasudev himself appeared before Swamiji. In the presense of Swamiji, Sri Vasudeva felt nervous and did not have the courage to make his request for the money. The ever-compassionate and understanding Swamiji put him at ease.

"Have you learnt your work thoroughly? Will you be able to repair the machine if it goes out of order" questioned Swamiji.

"Yes now I can do minor repairs, but within two months I will pick up the major repairs also" replied Sri V.

A few minutes silence followed. Swamiji seemed to be pondering about something, most probably about the Lino machine. There has been a lot of controversy about it. Swamiji tactfully proce-

eded to get the correct information from the Lino Operator:

"How is the Lino machine in the press at Madras where you were getting trained? It must be much bigger, is it not" started Swamiji

"No Swamiji, it is the same like this", replied Sri V.

"Is our machine in good condition? Will it work for some years?" enquired Swamiji.

"Yes Swamiji, some parts were broken during transit. Sri S, has promised to replace the parts. Then it will work for a number of years" replied Sri V.

"New parts are coming? We will have to pay for them again, I suppose?" came the next query from Swamiji.

"It is their duty to replace them Swamiji" cleared Sri V.

"So you are sure it will work for some years" again enquired Swamiji.

"Yes Swamiji" replied Sri V.

Thus tactfully Swamiji conducted his enquiry about the Lino Machine.

By this time Sri V felt at home in the presence of Swamiji, but did not still have the courage to make his request. Understanding this Swamiji kindly enquired,

"You want money for marriage? How much Rs 200?"

Swamiji had already made up his mind that he may be offered Rs 200,

"No Swamiji, I require Rs 300" came the soft reply from Sri V.

"You want to make a new suit? Oh, don't waste money on suit etc. Try to be simple. We are short of money now, so how can I ask them to give you the amount?" expressed Swamiji.

An expression of disappointment clouded Sri V's face and he kept silent.

Swamiji noticed it and suggested,, "Ask the secretary".

"I approached the secretary with the request, but he told me that I must get Swamiji's permission", lamented Sri V.

"I have already given "Patram, Pushpam" (money) to your bride" consoled Swamiji and immediately changed the topic.

"Within a few years you will become an expert Lino Operator. Then many companies will be eager to employ you and you will get a big salary. How much will they pay?" praised Swamiji.

"To an expert they will pay three to four hundred rupees' agreed Sri V.

Without giving any definite reply to his request Swamiji got up and left for the office. Sri V also left the Kutir with a downcast face, but we who have known the boundless compassion and consideration of our beloved Gurudev knew that

the amount will be given to him. Just as we anticipated, later when Swamiji was on his way to the office, he saw the secretary at a distance: Swamiji called him and requested him to pay the amount to Sri V.

Swamiji is a master psychologist. His understanding of human nature is beyond human understanding. He can tackle even the most intricate problem of life without any difficulty in the most tactful manner. While in the office, a down-hearted man came to Swamiji, and with tears in his eyes lamented he had no relation in India and gave a vivid picture of his helpless condition. Swamiji consoled him,

“Don’t worry, God is your relation”.

The man concerned could not understand the inner meaning of Swamiji’s words. He thought Swamiji was giving an evasive reply to dispose him off, and he bent his head down in desperation. But the next moment when Swamiji ordered that he should be accepted as an inmate of the Ashram, the man’s face brightened with relief, gratitude and happiness. Then only he understood that Swamiji himself was the God, his real relation.

The despondent, the dejected, and the down-trodden find in Swamiji the living God, the sincere relation, friend and guide. As far as possible, no one is declined a hospitable abode in Swamiji’s Ashram.

HOW OLD ARE YOU ?

To an old man who came to Swamiji to get

Sannyas Deeksha, Swamiji enquired what Sannyas name he would like to have. "Maha Sraddhananda Saraswathi," selected the man, and volunteered that he was 72 years old.

"So I am younger than you?" expressed Swamiji

"Yes by one year" proudly replied the old man.

"But you are younger than me by Guru-disciple relationship" corrected Swamiji.

Swamiji was teaching that we should learn to count our age: that is our maturity, by the amount of wisdom gained and not by the number of years we have lived in this world.

DYNAMIC NAGARAJA AND THE MIRACLE OF HIS DISCIPLESHIP OF SIVA

At night Satsang Swamiji requested the party of devotees who had come from Bangalore, to conduct Kirtan. They thrilled us with their soul-elevating and melodious Bhajans. At the end of the Satsang Swamiji introduced the leader of the party, Sri V.L. Nagaraja to all of us. Swamiji glorified him,

"He is a wonderful soul. A dyanamic worker of the Divine Life Society. He is the Secretary of the Bangalore branch of the D.L.S. When I visited Bangalore during my all India tour, he made very elaborate arrangements for my reception. There was a huge gathering of devotees. He must have

been the Raja of Mysore in his previous birth. Now he is the spiritual king of Bangalore. He prints many leaflets and booklets and he has secured a press for the D.L.S. He does marvellous work. Like Sreenivasan in South Africa, Sri V.L. Nagaraja has stirred the whole of Bangalore.

"Who is the composer in your press?" enquired Swamiji.

"My wife is the composer, Swamiji", replied the devotee.

"Wonderful, you are a divine couple, and the work is divine. How does she find time to attend to the household work" asked Swamiji.

"She finds time to do both, she is very efficient" replied the devoted husband.

"Try to print some books also, small ones to start with" advised Swamiji and Sri N agreed to do so.

Next Swamiji narrated how Sri N, first came in contact with Swamiji. Sri N. is employed in the post office. A parcel of books was lying unclaimed for a very long time and the address was not at all legible. So he opened the parcel and picked out the book "Student's success" by Swamiji. He went through the book. Swamiji's writing touched the inner core of his heart. He became Swamiji's disciple.

Sri N. told us,

"I was inspired by one particular sentence in that book, Swamiji has written there that when

two people meet, instead of greeting each other with "OM Namō Narayanaya", "Jaya Bhagavan" etc, these days people greet each other with, "Hallo, come and sit down, let us have a smoke together", and has pointed out the causes for the spiritual decline in this modern age. This impressed me very much and I became Swamiji's disciple."

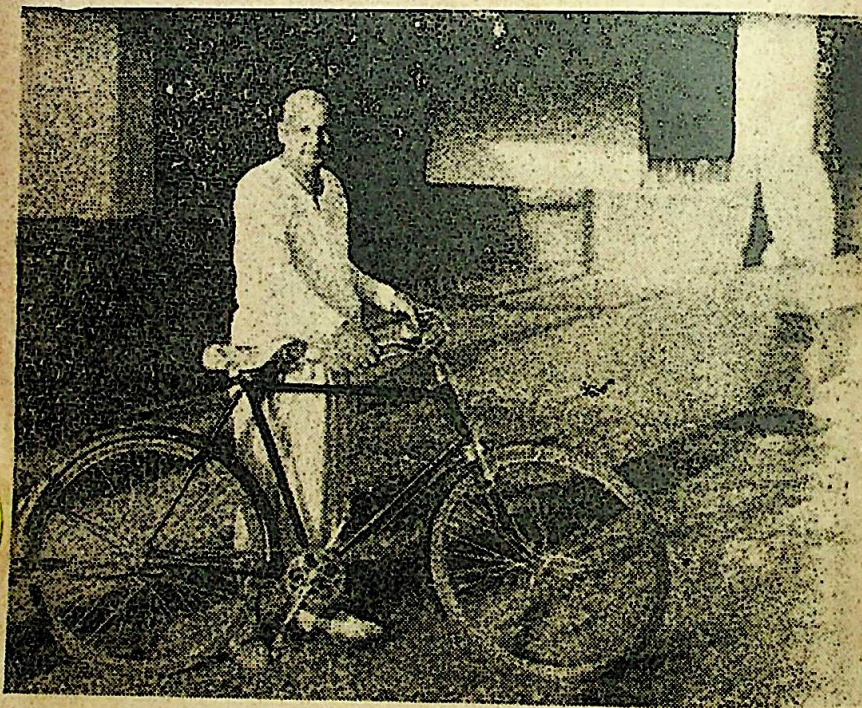
Volumes can be written about the miraculous transfiguring touch of our Divine Master and his powerful influence on the human minds. Many have been transformed into spiritual Luminaries by reading his invaluable books. Men immersed in worldly pursuits have suddenly changed into earnest spiritual aspirants after reading his books.

SIVANANDA MANDIR



At Etaiyapuram, devotees have created a Sivananda Mandiram in a beautiful building donated for the purpose by the Etaiyapuram Maharajah

A MALAYAN COMPANION



During the early days of his stay in Malaya Swamiji had a bicycle which knew no rest and was constantly in the service of the sick

16th February, 1958**CHILDREN'S SIVANANDA**

Today being the Holy day of Sivaratri, many devotees from far and near had come to pay homage to Swamiji, the living form of the Lord. Understanding the eagerness with which his devotees were anxiously waiting to have his Darshan, Swamiji got out of his Kutir earlier than usual this morning. Even while putting on his overcoat Swamiji went on reciting "Om Namassivaya".

As soon as Swamiji came out to the verandah of his kutir, a group of devotees rushed inside eager to feast their eyes with the delightful sight of the beloved face of the living Siva. It was indeed an inspiring sight to watch the expression of love, reverence, admiration satisfaction, and happiness that brightened the face of each devotee, the moment he or she had Darshan of Swamiji. Swamiji greeted each one in turn with "Namassivaya," and his usual endearing smile.

Swamiji was informed that Sri Vani Ram, one of Swamiji's foremost disciples had arrived from Delhi with a few copies of the book, "Children's Sivananda". Swamiji's face glowed with happy excitement. He was impatient to see his disciple's book. Even before Sri Vaniji came in Swamiji started greeting her "Vani Saraswathi Vagdevi, Bhagavati Bharati Mam pahi". Just like a child anxiously awaiting to get the new toy, Swamiji waited to get the book in his hands.

Sri Vaniji soon advanced towards Swamiji with the book in her hand. Swamiji immediately took it from her hand turned it that way and this way, admiring the jacket of the book, and went on repeating,

"It is wonderful, it is beautiful, it is very nice" etc. For a few minutes Swami was completely absorbed in going through the book. Then Swamiji passed it round for the opinion and appreciation of others. Every one praised the book and more than Vaniji, the author of the book, Swamiji was pleased.

Sri Sushila Kambhoj came in balancing a lovely garland made of goose berries. After garlanding Swamiji, she prostrated at his feet and stood up with a sigh of relief and contentment as if she had reached her destination, her real home.

Sri Pushpaji from her place was pouring forth her silent adoration on her beloved Gurudev. Sri Ananda Mohini was enjoying the whole scene in her usual detached manner.

Altogether it was a touching homely scene. One could feel that all hearts were beating in unison softened by the sacred and beautiful feelings of Divine love.

Swamiji went on simultaneously attending to his work and conversing with his devotees and disciples.

Swamiji reached the office at 10. 30. A.M. Silently Swamiji attended to his office work and

within one hour he was ready to go to his Kutir to conduct the Sannyasa Deeksha ceremony.

It was a thrilling sight to watch the procession that was moving slowly towards Swamiji's Kutir. Swamiji's imposing, majestic, tall figure could be seen in front. On either side of Swamiji were his two escorts Swami Satchidanandaji and Swami Krishnanandaji. A large number of devotees both men and women were following Swamiji. They were chanting "OM Namassivaya", and the whole area was reverberating with the sacred musical sound.

At the door of his Kutir Swamiji stood for a little while to enable his devotees to offer their obeisance to him. With folded hands he bowed down in return and entered the Kutir after showering his grace on all by a final look with his sparkling magnetic eyes.

SANNYASA DEEKSHA CEREMONY

Some of the devotees rushed behind Swamiji and tried to get admission to his Kutir, but had to return disappointed as the Sannyas candidates were performing Viraja Homa inside the Kutir. Soon the information was received that later on the devotees could go in and witness the Sannyas Deeksha ceremony. This news revived the happiness in the dejected devotees and a devoted group of disciples could not make up their mind to leave the vicinity of the Kutir. So they grouped themselves in front of the door and started singing Bhajans on Swamiji.

The moment the door opened, all rushed inside eager to have Darshan of their beloved Lord once more. Swamiji was seated in his usual chair and one by one the Sannyas candidates approached Swamiji. Recitation of the Mantras and cutting of the hair followed and they went to have their bath in the Ganges. For a few seconds Swamiji's eyes surveyed the gathering of devotees. Instantaneously his boundless spirit of hospitality burst forth into action.

"Ohji, they are all looking hungry, give them all fruits to eat", commanded Swamiji. This was followed by the distribution of fruits.

When the Sannyas candidates returned after their bath, Swamiji offered them the Garua cloth. Soon all the twelve candidates clad in Sannyas cloth sat in front of Swamiji. Swamiji made them repeat the four Mahavakyas, "Prajnanam Brahma, Aham Brahmasmi, Tattwamasi, and Ayam Atma Brahma". Then Swamiji proceeded to explain the significance of the Mahavakyas. Prajnanam Brahma means Brahman is pure consciousness. Aham Brahmasmi indicates that you are the all-pervading Brahman. Tattwamasi means thou art That. the existence-knowledge-bliss. Ayam Atma Brahma explains that your essential nature is Satchidananda.

Next Swamiji gave a brief speech instructing the Sannyasins how to conduct themselves. Swamiji

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"You have no body now, Your body has been burnt. That is the significance of taking Sannyas. You have renounced the pleasures of the three worlds, Bhuloka, Bhuhvarloka and Swargaloka. You should not fight with any one. You should not raise your hand in defence even if you are assaulted. Bear insult and injury. Service is your motto hereafter. Serve the poor and the sick. Be contented with whatever that comes for food, clothing or shelter. Meditate on the Supreme Self or Brahman. Negate the five Koshas and identify yourself with Atma. When the sannyasins die their body is not burnt. You have already burnt it here now. You must feel that you are Brahman and the whole world is Brahman. You should have no fear. You are now the King of kings, Emperor of emperors. The whole world is your body. You should not hurt others' feelings. Be regular in your meditation"

After this Swamiji descended a few steps from his kutir to have photos taken with the new sannyasins. Unconcerned about the late hour, his indifferent health and his food, Swamiji put himself at the disposal of the newly initiated Sannyasins to enable each one to have photo taken with him.

The function came to an end at 2 P.M. After his food when Swamiji went in for rest it was 3.p.m.

17th February, 1958

TYAGARAJA CHETTIAR

The office was overcrowded this morning. Many who had come to take part in the Sivaratri celebrations found it difficult to leave their beloved Gurudev.

Soon after the morning prayers were over, Sri Tyagaraja Chettiar, one of the top-ranking men of society and the proprietor of a big mill in Madura, arrived with his family and friends to have Swamiji's Darshan.

"Ohji, bring the chair", ordered Swamiji, but the visitors preferred to sit on the floor. Noticing this, the disciple who went to get the chair hesitated, but Swamiji repeated his orders once again,

"Where is the chair, bring it soon", but Sri Chettiar and family were firm in their decision; with unassuming humility and devotion they sat on the floor without any hesitation. Next Swamiji's attention was focused on entertaining them.

"Now Vaniji will give us a Bhajan", suggested Swamiji to Sri Vaniji who was sitting near Swamiji. The ever-obedient disciple immediately delighted us all with her melodious music. In the meantime Swamiji was busy selecting the best books to be offered to the visitors and soon a big bundle of valuable books were given to them. Swamiji requested Santanandaji to sing another Bhajan and thus the visitors were served with another dose of divine music which they enjoyed with rapt attention.

Sri Chettiar invited Swamiji to grace his house at Kuttalam, the health resort, but Swamiji declined the gracious offer on account of his health and pressure of work. Promising to return again, the visitors left the office well pleased with the reception accorded to them by the great Sage.

Swamiji is the king of hospitality, and never believes in forcing the spirit of renunciation in anyone. By offering them the comforts, respect and regard which they are accustomed to receive in their worldly life, Swamiji makes them feel at home. Unknown to themselves devotion and aspiration for leading the spiritual life sprout in their hearts and later on this is followed by the development of spirit of renunciation.

ROOT-CAUSE OF WORRY

Sri Bhagya Lakshmi, a devotee of Swamiji asked him,

“Swamiji, so many people come to you with their worries; is the cause of all the worries the same in every one?”

“Yes, it is the same, it is ignorance that causes all the worries” replied Swamiji.

“But we experience the worry so intensely, then how can we say we are ignorant of it?” pointed out the devotee.

“Yes, it is the ignorance of identifying yourself with the body that causes all the suffering” explained Swamiji.

MIRACLES OF SIVA

"Have you come by car, are you having the same driver?" enquired Swamiji to Sri Bhagyalakshmi.

"No Swamiji, last time when I came here you advised me to change the driver, but I did not do it, later he did some serious mistake and I was forced to dismiss him. So I was forced to carry out your orders" admitted Sri Bhagyalakshmi

"It is then a miracle, is it not?" joked Swamiji.

"Why not Swamiji, you are always performing miracles. They may look insignificant, but all the same they are miracles. Recently I myself witnessed a small miracle. I had no servant (cook) for the last three months and I was finding it very difficult to manage my office-work as well as the household work and I was worried. I tried my best to get a servant but I did not succeed. One day a lady came and knocked at my door and on opening the door she handed over to me a chit where my address was given and requested me to employ her in my house. When I refused she said that she had come all the way from Benares just to serve me because I had no servant to help me. I asked her who sent her to me and she replied Lord Viswanath had sent her to me and insisted that she should be employed in my house. Then it dawned to me that you had done this miracle to help me. So I employed her and she is with me. She cooks beautifully" narrated Sri Vaniji.

"No, no, I do not perform any miracles",
denied Swamiji.

Many of Swamiji's deserving disciples all over the world have experienced the miraculous powers of this liberated Sage. His voice has been heard thousands of miles away from his abode. Many have seen his physical form in their house, and many have been saved by him at critical moments of threatening disaster. But Swamiji never admits that he possesses any superhuman power.

20th February, 1958**COME BACK TO A.K.**

An old gentleman, a devotee of Swamiji who had been practising Kundalini Yoga, came to Swamiji's Kutir to receive Swamiji's blessings as he was leaving the Ashram today. Swamiji made kind enquiries about his progress in Sadhana. With an expression of pride, the devotee informed Swamiji,

"I am doing Kechari Mudra. Now I must be able to move in the air (Akasha)."

With a significant smile Swamiji requested him,

"Yes, you can go in the air, but do come back to Ananda Kutir"

Swamiji has always emphasised that Siddhis like flying in the air etc are hindrances to realisation. The aspirant should shun them ruthlessly as mere trifles, to avoid downfall. So Swamiji was warning the devotee that after enjoying the Siddhis he will have to come to Ananda Kkutir to do real Sadhana to attain the higher transcendental Atmic knowledge.

DO YOU WANT TO DIE ?

Since Swamiji often suffers from lumbago, to prevent any sudden jerky movements, his overcareful disciples assist him when he gets up from the chair. An old Swamiji, an inmate of the Ashram who had come to take leave of Swamiji before leaving for Bombay, witnessed Swamiji being assisted to get up from the chair. He remarked,

"Old age is very bad. Jara Duhkham"

"Then why don't you die?" questioned Swamiji.

"How can I do that?" lamented the old Swamiji as if he was eager to die, but was unable to do so.

"Yes, how can you do it when you are going to Bombay to rejuvenate yourself?" pointed out Swamiji. A few minutes before, the old Swamiji had admitted to Swamiji that he was straight going to Bombay, because there, he will be looked after well by his relations.

Swamiji was pointing out that every man is afraid of death. They do everything possible in their power to prolong their life. Only the realised sages with Atma Jnana are not afraid of death.

VEDANTIC ENGINEERING

A large party of Engineers came to the office to have Swamiji's Darshan. There was no space in the office for them all to gather around Swamiji. So they had to form a queue to have Swamiji's Darshan. One by one, they came near Swamiji, and offered their Pranams. To each one Swamiji went on generously distributing valuable books free of cost. Nowhere in the annals of history could any one have known of such stupendous generosity. One or two amongst the group felt it as their duty to enquire the price of the book and the loving answer of Swamiji was,

"The price of the book is study and Prem"

All of them were stunned at this beneficence

and munificence of our beloved Swamiji.

To one of the Engineers Swamiji asked,
"Do you know the Upanishadic bridge?"

"Yes, you are constructing it, Swamiji" replied the Engineer.

"What is the cement used?" came the next query from Swamiji, but he could not get a suitable answer for this question. So Swamiji enlightened him,

"The bridge of Immortality is constructed with the cement of love"

Another inquisitive Engineer asked Swamiji

"Where do you come from, Swamiji?"

"From Brahmapuri" came the prompt reply from Swamiji

"Where is it"? enquired the Engineer.

"Near Niralambapuri" replied Swamiji with an amusing smile. It did not appear that the materialistic Engineer understood the significance of Swamiji's answer and he did not seem anxious to get it explained. So Swamiji left it at that.

Swamiji was trying to make him understand that for a realised Sage there is no special home. The whole universe is his home. He is one with the unsupported infinite Brahmic consciousness.

ASPIRANTS' CRAVINGS

Sri S came in and prostrated at Swamiji's feet. This disciple of Swamiji, had, the previous night expressed to Swamiji her keen craving to eat "Imlika chaval" and Swamiji had made arrange-

ments to have it made. Swamiji asked the disciple,
 "What Japa are you doing now?"

"Om Namō Bhagavate Vasudevaya, Swamiji," replied the disciple.

Swamiji: "How many Japas did you do today?"

Sri S:— Ten Malas, Swamiji

Swamiji:— Sometimes do without Mala also. Fix your mind on Murali Manohar and not on "Imlika chaval." Then you will get "Imlika chaval" plus Pappad also. You will also get double dose"

This humorous remark of Swamiji made every one burst out with laughter.

This is Swamiji's unique method of teaching. He allows an aspirant to evolve slowly and steadily. He never puts rigorous restrictions on the aspirant's natural tendencies. He even goes to the extent of fulfilling certain of his cravings if they are not destructive in their effect, but at the same time will take the earliest opportunity to warn him of the importance of eliminating inner hankerings and overcoming subtle desires for attaining progress in spiritual life.

JOY AT DISCIPLES' ACHIEVEMENTS

Offering the book "Practical guide for Students of Yoga" to the mother of Swami Vishnudevananda, the compiler of the book, Swamiji praised her son,

"Look at this book. This is your son's book. This book is being distributed all over the world.

Look at his pictures, how he is bending like a circus man. He has become world-famous. Now he is in America "

"Everything is due to Swamiji's grace " expressed the lady with tears of gratitude filling her eyes.

"Does he send you any money? enquired Swamiji, to test her whether she had any craving for money. (The mother is also a Sannyasini)

"Why do I need money? Swamiji is providing me with everything," replied the lady.

It was rather hard for me to decide whether the mother of Swami Vishnudevananda or Swamiji was more happy and proud of the young Swami's success and glory. It is a rare feature of Swamiji, he experiences inexplicable joy and satisfaction to hear of the success of any of his disciples.

AN ALL-INDIA TOUR MIRACLE

At night Satsang today, we had an insight into the true nature of our living God Sivananda. A party of devotees from Bangalore who had been living in the Ashram for the last few days were leaving the abode of bliss next morning. So, one by one each one of them came and garlanded Swamiji and prostrated before Swamiji with full devotion and faith. With tear-filled loving eyes they adored their beloved Lord. As per Swamiji's command they did Bhajan and delighted all of us. Swamiji and Swami Chidanandaji

spoke highly of the divine work done by these devotees in Bangalore. Each one was honoured with the title of Gurubhakti Ratna. After that Sri Nagarajan gave a short inspiring speech. He said,

"I have only one desire in this world, that is to disseminate Swamiji's message throughout the world. At present we have only a small press and we are doing our best, but with Swamiji's grace, in a few years' time I am sure we will have a bigger press to fulfil my desire, that is, to print Swamiji's books and distribute them freely just as Swamiji is doing now. I have no doubt about the fulfilment of my desire. We have experienced the miraculous power of his grace when he visited Bangalore during his all-India tour. One week before his arrival there was continuous downpour of rain and we did not know how to proceed with the outside decorations and how to display the spiritual placards we had prepared from Swamiji's teachings. To add to this my wife was running 105 degrees temperature and the child of my friend who was my right hand in helping me with the arrangements for the reception of Swamiji, was seriously ill, almost in a dying condition. We could resort to only one thing, to pray to Swamiji to shower his grace on us, to enable us to accord him a fitting reception. Swamiji came to our rescue. Miraculously the rain stopped, my wife's temperature came to normal, my friend's child became all right and we were able to receive Swamiji as we had planned without any

obstruction. My humble prayer to Swamiji is to continue to shower his blessings, his grace on us to enable us to carry out our work more efficiently, to grant us the facilities to disseminate Swamiji's teachings to the entire world"

Swamiji blessed the devotees with the following song.

"Let God Bless Sri Nagaraja and his party, with health, long life, peace bliss and Immortality"

23rd February, 1958

THE FOUNTAIN OF ALL THAT YOU SEEK

This morning as soon as the door of the Kutir was thrown open Sri Chandravathi, a rich but humble and simple devoted disciple of Swamiji who had been staying in the Ashram for the last few days, came in to take leave of Swamiji. Without spoken words, her very expression conveyed the sad feelings she was experiencing to leave the sacred feet of her Gurudev. She prostrated with all devotion at Swamiji's feet and informed him that she had to leave immediately. The ever-compassionate and considerate Swamiji understood her mental condition and consoled her with the words,

"Stay here, why do you go back so soon? you are attached to the children very much I think? Are you attached more to them, or are they attached more to you?"

"Yes Swamiji, I am attached to them, I cannot say who is more attached" replied Sri Chandravati, and with a reluctant heart took leave of Swamiji

Next, Swamiji's eyes rested on Swami Brahmanandaji who was standing in a corner in his usual humble and unassuming manner.

"Come and take your seat", invited Swamiji offering him a chair.

"Anything", enquired Swamiji thinking that he had come to talk to Swamiji.

"Nothing, Swamiji, thank you, I have to leave the Ashram after one month, I feel I have not seen enough of you, So I came in", explained the European disciple Sri Brahmanandaji with all devotion and admiration for his Gurudev.

It is astounding, it is inspiring and it is thrilling to witness the devotion, faith and admiration Swamiji instils in the hearts of those who come in contact with him. Men and women of enviable social status leave all worldly luxuries and comforts of life and run to Swamiji with an unknown yearning of the soul and divine homesickness to seek happiness in his grace, to seek solace in his company and to gain strength from his spiritual radiations.

WHAT TO DO WITH RETIRED LIFE

A prominent Doctor had come to the office to have Swamiji's Darshan.

"Are you working or retired?" enquired Swamiji

"I am retired" informed the Doctor.

"What are you doing now", further enquired Swamiji.

"Just leading a retired life, Swamiji" replied the Doctor.

Then Swamiji advised him,

"This is the time to lead a busy life. This is the time to start a new life, the real life. You must study Vedanta, do selfless service here and there and distribute a little of your savings to serve the poor".

Thus in a few words Swamiji explained to him how to proceed to reach the goal of life, Self-realisation. The daily round of official duties eating and drinking is not the real mission of life. One should strive to attain the higher form of eternal happiness by leading the divine life.

THE LAW OF KARMA

A sickly-looking man came near Swamiji and complained that he was suffering from Asthma for a long time and prayed to Swamiji to cure him by his grace. Swamiji advised him to repeat "Maha-Mritunjaya Mantra" and taught him how to do Pranayama, blessed him and then warned him,

"You must have put some rats in a hole and suffocated them in your last birth. Perhaps that is why you are suffering from Asthma now. Be careful in this birth at least"

Swamiji thus administered to him physical as well as spiritual treatment simultaneously. Swamiji taught him the doctrine of Karma and gave him the assurance that by self-effort one can shape his own life.

SELF-SACRIFICE ! THY NAME IS SIVANANDA !

A devotee had written to Swamiji that he was suffering from sleeplessness and requested Swamiji to send him some medicine,

Swamiji suggested to his secretary,

"Why not send my oil to him ?" (Swamiji uses a particular combination of oil to get sound sleep)

Secretary:—Then Swamiji will not have oil. We can purchase it and then send it”.

Swamiji:—“His need is urgent. There is no time for purchasing”

The personal secretary of Swamiji, Swami Satchidanandaji to whom nothing is more important than the comforts of Swami, and who cannot even bear the very thought of putting Swamiji into inconvenience did not take any action about sending the oil to the devotee. So Swamiji called another disciple and ordered him,

“Ohji, go immediately and get the oil bottle from my Kutir”

Within a few minutes the bottle of oil was produced before Swamiji.

“Put half of it in another bottle. Label the bottle, “oil for sleep” give directions for using it, and send a telegram that oil has been sent” poured forth the instructions from Swamiji. When the disciple was going out with the bottle to carry out Swamiji’s orders, Swamiji called him back and told him,

“Send three fourth of the oil to him, one fourth is sufficient for me”

For Swamiji, the health and comfort of a devotee is more precious than his own health and comfort; he will willingly undergo pain and suffering in order to serve his devotees. Self-sacrifice is Swamiji’s second nature. According to Swamiji half-hearted service is no service at all; Service is

Swamiji's creed, motto and craving; service is the rule of his life.

PLAIN TRUTH ABOUT YOGA

A young man asked Swamiji,

"Swamiji, I have heard something about Sahaja Avastha. Is Yoga very necessary for attaining it?"

"Yes, it is the fruit of Yoga" replied Swamiji

"By Yogic exercise can I get it?" enquired the man.

"No, you have to do meditation also, and then by Yama, Niyama etc, you will get into Samadhi" explained Swamiji.

"Can I get it while leading the worldly life?" the man wanted to know.

"No, not by eating and drinking and going to the bazar" came the humorous reply from Swamiji and he added, "you will have to do intense regular meditation."

"Along with my worldly duties can I attain it" again questioned the man.

"Yes, step by step. But later on you will have to do more Sādhana, you will have to devote more and more time for meditation", enlightened Swamiji.

The man sat down fully satisfied with the explanation.

27th February, 1958

ESSENCE OF VEDANTA

Today Swamiji reached the office earlier than usual. It being a cloudy day, visitors were few in number. Except for the tic, tic, sound of the typewriters, there was silence in the office. There was a mysterious sweet penetrating power in this silence. With lips closed, in that sacred silent language, Swamiji seemed to be conveying to us his sublime thoughts and the ecstatic bliss of his soul.

Undisturbed, Swamiji attended to his work. It was indeed an inspiring sight to watch this Great Sage immersed in his work with youthful energy and enthusiasm, not for any pecuniary gain, but for the benefit of the suffering humanity, to guide them and to lead them safe to their ultimate goal of life. When he had finished his work, he looked around and his eyes rested on Sri Troja from Trinidad.

"How are you, are you all right?" enquired Swamiji.

"Yes Swamiji, I am all right. I am learning Vedanta" replied Sri Troja.

"That is good, you must become a Yoga teacher when you return," advised Swamiji, and Sri Troja agreed to this. Next Swamiji proceeded to test his knowledge.

Swamiji :—"What is Vedanta?"

Troja :—"It is philosophy of truth"

Swamiji : " What is Truth ?"

Sri Troja could not express the answer correctly, so Swamiji helped him.

"Truth is that which existed in the past, which exists in the present and which will exist in the future. It is that which is unchangeable, infinite immortal, the all-pervading Atma," explained Swamiji.

Swamiji questioned him again,

"What are the qualifications of an aspirant?"

Troja :—"Selflessness, to be good "

Swamiji was not satisfied with this vague answer, so he taught him

"An aspirant should possess discrimination, dispassion, serenity, one-pointed mind, faith, and burning aspiration.

After possessing all these qualifications, what will he have to do? asked Swamiji.

"He has to concentrate" replied Sri Troja. "No, not straightaway. He must hear, reflect and then meditate on Truth and become one with it, that is attain Self-realisation," explained Swamiji.

"After attaining Self-realisation, what will you do?" came the next question from Swamiji.

"I will surrender," replied Sri Troja.

"You have become Truth, then to whom are you going to surrender? asked Swamiji."

Sri Troja found it difficult to answer this question. He was trying hard to find a suitable

answer. In the meantime Swamiji came out with the humorous remark, "Will you eat well, stretch yourself and sleep soundly after that?" Then Swamiji added, "No, you will preach the Truth and make every one realise the Truth and remove ignorance. Is it not so?"

Sri Troja agreed to this.

The next question of Swamiji was,

"What is ignorance?"

"Not knowing the Truth," replied Sri Troja

"That is, taking the body for the soul. Getting angry, getting jealous, having hatred etc are signs of ignorance. Not knowing that you are the all-pervading Atma is ignorance" clarified Swamiji.

"Daily come here. I will teach you Vedanta. So you have to accept me as your Guru. Are you agreeable to it? You are not willing to do that I think" joked Swamiji, and continued,

"You take care of me and I will take care of your soul," and further questioned him,

"Now what do I mean by that? How will you take care of me? I will take care of you by teaching Vedanta and removing your ignorance"

"I will take care of your body" attempted Sri Sri Troja.

"By giving me biscuit tins?" teased Swamiji.

"No Swamiji, he will physically and financially help Swamiji to spread his divine messages" came the answer from Sri Rajan.

My God Sivananda

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The teaching mood of Swamiji continued. He put another question to Sri Troja,

"In Samadhi what takes place?"

Troja :—It is a superconscious state, you become one with the Absolute " Swamiji approved this answer and further enlightened him.

"The Indriyas, mind and intellect stop functioning. There is no psychology there" (Sri Troja is a student of Psychology)

"What is mind?" was Swamiji's next question.

Sri Troja did not know how to express his ideas, so Swamiji came to the rescue, "It is the thinking principle" explained Swamiji.

After attending to a few visitors who arrived to have Swamiji's Darshan, Swamiji again returned to his teaching.

Swamiji :—"Where is the mind?"

Troja :—"All over the body".

Swamiji :—"It is all-pervading and is seated in the heart during sleep, in the eyes during waking state and in the throat during dreaming state".

Swamiji :—"Who is Troja?"

Sri Troja was puzzled at this question. Noticing this Swamiji prompted him with,

"Is Troja the eyes, nose or the body? Who is Troja?"

This gave the clue to the answer, so Sri Troja replied,

"This body with the mind and intellect is called Troja "

Swamiji seemed to be satisfied with this answer.

Swamiji continued,

"Where was Troja 35 years ago, and where will he be after some time ?

"I do not know " admitted Sri Troja

"After some time you will get Moksha, will you not?" Enquired Swamiji and then put the next question,

"What is Spirit ? Is it alcohol, is it brandy, what is it?"

Troja :— "It is the essential nature of man "

Swamiji found this answer incomplete, so he added, "It is the Soul. It is Chaitanya. Why is it Chaitanya ? because it knows itself and knows others. It is an embodiment of existence knowledge and bliss."

Swamiji continued with his questions

"How do you know there is the Spirit?" was the next one.

Troja :— "Because of our existence "

Swamiji :— "Yes, because you exist. If you exist then there must be not so?"

"Now tell me, when you were drinking coffee, who enjoyed it?" asked Swamiji.

"The body, the senses?" doubted Sri Troja.

"Jiva when combined with senses becomes the enjoyer and actor. The original pure spirit does not enjoy nor act. It is only a witness. "Akarta, Abhokta, Sakshi." It is the reflection of the Atman, the Jeevatma, that enjoys" explained Swamiji.

Accidentally Swamiji's eyes fell on the clock, he noticed it was late, so he soon left for his Kutir. With a silent prayer that Swamiji should get into the mood of teaching everyday, we too left the office.

3rd February, 1958.

(Sri R. Rangaramanuja Iyengar)

Today the Birthday of Sri R. Rangaramanuja Iyengar was celebrated at the Ashram, and Sri Swamiji delivered the following speech at the Satsang :

Today is the Birthday of Sri R. Rangaramanuja Iyengar, a renowned Veena-Vidwan of Madras. He is the disciple of Sri Dhanammal. And, he is the Veena-Guru of Swami Venkatesanandaji, Sri Sivananda-Hridayananda and Sri Swami Satchidananda. His foremost disciple is Sri R. Padma who has become as famous as her father and Guru.

Sri Rangaramanujam is the only exponent of Veena-music. There may be many who play the Veena; but he is the only one who can beautifully explain the technique, the spiritual significance of music and the Veena, and the unique place of Karnatic Music in Nada-Yoga. That is because he is a B.A., L.T., a teacher and musician.

He has written a number of volumes—the Kritimani-malai—and has also toured Malaya and Ceylon and given Veena-performances there.

May God bless him with health, long life, peace, prosperity and Kaivalya Moksha !

STORY OF SWAMI SIVANANDA

STORY OF SWAMI SIVANANDA

Gurudev's compassion, love, forgiveness and forgetfulness of our shortcomings are so inspiring, strength-giving, and sustaining. What grace and love Gurudev showers on us. I have been wanting to write to Gurudev about our stay in Ananda Kutir, at his lotus-feet. Although my mind is occupied with the day-to-day work, it is only surface deep, only just at the level of the outer crust. But there is always the strong current, deep waters of thoughts of Gurudev in our mind—ALWAYS. While everything, outward worldly actions and dealings of ours appear unreal, the thoughts of Gurudev, His beaming face, face full of compassion and love is real, permanent and lasting to us. We live in His thoughts and we live in Gurudev. We pray we may be always worthy of His love and protection.

Major R.R. Rao, M. O.,
Calcutta

I received your letter asking me to set the song on the life of Sri Gurudev to music, only at 6 p.m. yesterday. As the work is indeed a test to be attempted in urgency, as usual, I offered my humble prayer to our beloved Sri Gurudev's vision here to help me. You will be astonished to know that the music and the notations began to flow into me like a torrent. I was able to complete the work the same night. I am unable to explain the

Sangita-Samrat

NEW DELHI

N.S.V. Row, B.Sc.,

Rajahmundry.

M.S. Srinivasan, M.Sc.,

Asst. Education Officer,

Madras.

N.C. Ghosh, M.A.,

Calcutta.

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My God Sivananda

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even this brief visit was of great benefit to my wife and myself, and we shall never forget the kindness received at your hands and from all the inmates of the Ashram.

H.E. Sri Y.N. Sukthankar,
Governor of Orissa,
Raj Bhavan,
Puri.

My Divine Father, I owe you an apology for not writing to you earlier than now, and thanking you for the gift of books you so graciously sent to me. I am deeply grateful to you for your kind thought of me. I feel your universal love at this distance. Your existence is a source of strength to all suffering humanity.....Your divine blessings alone can cure me.

Dr. M.H. Syed, M.A., Ph.D., D.Litt.,
Allahabad.

I have been worried over several problems. This morning about 3 a.m. Swamiji appeared before me and called me in his characteristic way. As soon as I had bowed to him, he gave me a bunch of yellow flowers and said: "Don't worry; everything will be all right." At that moment I woke up. This experience gave me great strength.

A.R. Nagappa Chettiar,
Kanadukathan.

You have very kindly showed me my path of future life by the torch of renunciation, meditation and sacrifice. By your blessings I am rigidly getting up at 4 a.m. and devoting six hours for such purposes daily.

Dr. Mukerji, Calcutta.

Today I met Sri Bahadursingji Parmar. What a wonderful devotion and faith I have seen. Entering his room revealed to me immediately that I was in the presence of one who had the master's direct blessings and commands for spiritual upliftment of mankind. Thy grace is a wonder-medicine that cures all the ills of mankind. Thy power is a force that turns stone into real gold. What a marvel this is in the 20th Century.

Your power brings various people to us to perfect us. What a divine plan. What an achievement, without our knowing we have a personal mentor amidst us. "Thy blessings and guidance can do wonders."

Dr. M.P.R. Sood,
Nairobi.

How blessed are Ashoka and Harsha. Gurudev has written in his own hand one letter each. Their value is inestimable. We are preserving them, for them, with devotion and care. Gurudev is moulding them into future men of service to society. The kids love these letters with their childish innocence. And how proud they feel and with what joy they read them. We pray that Swamiji may continue to shower His Grace and blessing on them. As soon as they get up from bed they say "Om Namō Narayanaya" to us and recite Gurur Brahma Gurur Vishnu.....Twameva Mata cha Pita.....

Major R.R. Rao,
Calcutta.

My God Sivananda

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ADDRESS

PRESENTED TO

Sri Swami Brahmananda (Sri Michael Levien)

On the Eve of His Departure for South Africa,

Blessed, Divine Brother !

We have gathered today at the lotus-feet of Sri Gurudev to pay our humble homage to a lustrous rising star in the divine life firmament. Today we feel that one of our Gurubhais, one of the members of this Ashram, is leaving for South Africa to broadcast Gurudev's Message of Divine Life, and not that you are returning to your country. That is because within the short period that you have been here, you have become part and parcel of the Ashram and completely identified yourself with Sri Gurudev and His Divine Mission.

The exemplary way in which you have conducted yourself during your stay here has constantly reminded us of the other great and glorious disciple of Gurudev, in South Africa, Sri Swami Sahajananda (V. Sri-nivasan). Nobility, genuine humility, cheerful serenity, and all the other eighteen ities have their abode in you. Devotion, dedication and discipline; dispassion, discrimination and determination; aspiration, renunciation and meditation—you shine as an embodiment of all these glorious virtues which Sri Gurudev constantly extols.

The Bridge of Divine Life has been constructed across India and South Africa by Sri Gurudev, with several saints and Yogis as the spans. You are one of them. Sri Swami Sahajanandaji is another. Sri Anna

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Gospel Of

Maria, Sri Franz von Poncet, Sri Pat Pearson, Sri Bhica Chiba, Sri Padayachie, Sri Sivabakium—and there are quite a number of others. You have demonstrated by your own glorious divine life that real spiritual aspiration to realise the Truth, devotion to God and saints, and a truly religious life are the best antidotes to all separatist tendencies, to the disease of delusion that creates differences between people belonging to different nations, religions and sects. This aspect of your life is a lesson even to the greatest among the leaders of mankind.

In your heart is the Abode of Bliss, Anand Kutira. For in it is enshrined Sri Gurudev. You have Sri Gurudev's choicest blessings and supreme Grace. You have already several thrilling experiences of the miracles that his blessings and his grace can perform. We shall look forward to still greater miracles being performed by his Grace, flowing through His worthy, blessed instrument—your venerable self.

We pray to the Almighty, Sri Gurudev, to bless you with health, long life, peace, prosperity, and Kaivalya Moksha. May you shine for ever as a spiritual luminary.

P.O. Sivanandanagar

24th March, 1958.

Thy humble Sevaks

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to inspire people

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Thus as a mother, as a seeker after Truth, as a saint, as a Yogini, as an Eye Surgeon, as a great disciple of a great Master, and as the symbol of Enlightened Womanhood, Sri Swami Sivananda-Hridayanandaji stands unrivalled.